



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

tschaar, holger

Club: sportteam steinbach meiningen
Number: 2303

Course: 10.60 km
Geländelauf lang

Category:
Männer M30

Total time: 39:31

Speed: 16.09 km/h
Running performance: 3:44 min/km

Rank in course/Total: 10 (of 163)

Rank in course/Men: 10 (of 136)

Best time in course: 35:03

Rank in category: 2(of 10)

Best time in the category: 36:31