



7. Trefffurter Stadtlauf

Treffurt / 11.09.2010

Detailed evaluation

Lehmann, Christian

Club: Lauffreunde Gotha

Number: 2229

Course: 10.60 km

Geländelauf lang

Category:

Männer M30

Total time: 41:33

Speed: 14.44 km/h

Running performance: 3:55 min/km

Rank in course/Total: 13 (of 163)

Rank in course/Men: 13 (of 136)

Best time in course: 35:03

Rank in category: 3(of 10)

Best time in the category: 36:31