



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.  
Number: 2268

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 41:50

Speed: 14.34 km/h  
Running performance: 3:57 min/km

Rank in course/Total: 16 (of 163)

Rank in course/Men: 16 (of 136)

Best time in course: 35:03

Rank in category: 1(of 25)

Best time in the category: 41:50