



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Seidel, Christian

Club: Sportgymnasium Oberhof
Number: 2315

Course: 10.60 km
Geländelauf lang

Category:
männliche Jugend B

Total time: 43:28

Speed: 13.80 km/h
Running performance: 4:06 min/km

Rank in course/Total: 24 (of 163)

Rank in course/Men: 24 (of 136)

Best time in course: 35:03

Rank in category: 4(of 8)

Best time in the category: 38:36