



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Montag, Holger

Club: SV Normania Treffurt
Number: 2269

Course: 10.60 km
Geländelauf lang

Category:
Männer M35

Total time: 45:18

Speed: 13.25 km/h
Running performance: 4:16 min/km

Rank in course/Total: 33 (of 163)

Rank in course/Men: 33 (of 136)

Best time in course: 35:03

Rank in category: 4(of 15)

Best time in the category: 41:45