



7. Trefffurter Stadtlauf

Treffurt / 11.09.2010

Detailed evaluation

Höhn, Jörg

Club: SV 1899 Mühlhausen

Number: 2330

Course: 10.60 km

Geländelauf lang

Category:

Männer M45

Total time: 45:28

Speed: 13.20 km/h

Running performance: 4:17 min/km

Rank in course/Total: 34 (of 163)

Rank in course/Men: 34 (of 136)

Best time in course: 35:03

Rank in category: 3(of 25)

Best time in the category: 41:50