



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

**Spantig, Jörg**

Club: LTV Erfurt e.V.  
Number: 2354

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M35

Total time: 45:29

Speed: 13.19 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 35 (of 163)

Rank in course/Men: 35 (of 136)

Best time in course: 35:03

Rank in category: 5(of 15)

Best time in the category: 41:45