



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Kurch, Jörg

Club: VfL 28 Ellrich
Number: 2228

Course: 10.60 km
Geländelauf lang

Category:
Männer M50

Total time: 45:38

Speed: 13.94 km/h
Running performance: 4:19 min/km

Rank in course/Total: 37 (of 163)

Rank in course/Men: 37 (of 136)

Best time in course: 35:03

Rank in category: 3(of 8)

Best time in the category: 44:43