



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Kürschner, Heiko

Club: WSC 07 Ruhla

Number: 2358

Course: 10.60 km

Geländelauf lang

Category:

Männer M45

Total time: 46:20

Speed: 13.73 km/h

Running performance: 4:22 min/km

Rank in course/Total: 44 (of 163)

Rank in course/Men: 44 (of 136)

Best time in course: 35:03

Rank in category: 6(of 25)

Best time in the category: 41:50