



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Kühn, Michael

Club: VfL 28 Ellrich
Number: 2218

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 46:46

Speed: 12.83 km/h
Running performance: 4:25 min/km

Rank in course/Total: 48 (of 163)

Rank in course/Men: 47 (of 136)

Best time in course: 35:03

Rank in category: 8(of 21)

Best time in the category: 41:58