



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Jakob, Thomas

Club: Lutter

Number: 2341

Course: 10.60 km

Geländelauf lang

Category:

Männer M40

Total time: 47:07

Speed: 12.73 km/h

Running performance: 4:26 min/km

Rank in course/Total: 52 (of 163)

Rank in course/Men: 50 (of 136)

Best time in course: 35:03

Rank in category: 9(of 21)

Best time in the category: 41:58