



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Grimm, Holger

Club: SV Normania Treffurt
Number: 2339

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 47:19

Speed: 12.68 km/h
Running performance: 4:28 min/km

Rank in course/Total: 54 (of 163)

Rank in course/Men: 52 (of 136)

Best time in course: 35:03

Rank in category: 11(of 21)

Best time in the category: 41:58