



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Steinwachs, Bert

Club: SV Normania Treffurt  
Number: 2211

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M35

Total time: 48:45

Speed: 13.05 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 56 (of 163)

Rank in course/Men: 54 (of 136)

Best time in course: 35:03

Rank in category: 8(of 15)

Best time in the category: 41:45