



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

**Wenzel, Heiko**

Club: sv-eintracht heina  
Number: 2338

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 49:01

Speed: 12.24 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 59 (of 163)

Rank in course/Men: 57 (of 136)

Best time in course: 35:03

Rank in category: 8(of 25)

Best time in the category: 41:50