



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV
Number: 2231

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 49:18

Speed: 12.17 km/h
Running performance: 4:39 min/km

Rank in course/Total: 62 (of 163)

Rank in course/Men: 60 (of 136)

Best time in course: 35:03

Rank in category: 14(of 21)

Best time in the category: 41:58