



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

**Pohl, Wolfgang**

Club: SV Normania Treffurt  
Number: 2260

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M55

Total time: 49:31

Speed: 12.12 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 64 (of 163)

Rank in course/Men: 62 (of 136)

Best time in course: 35:03

Rank in category: 2(of 7)

Best time in the category: 49:05