



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Montag, Nico

Club: SV Normania Treffurt  
Number: 2275

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M30

Total time: 49:59

Speed: 12.72 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 69 (of 163)

Rank in course/Men: 64 (of 136)

Best time in course: 35:03

Rank in category: 6(of 10)

Best time in the category: 36:31