



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Henning, Jürgen

Club: Spvgg Faulungen
Number: 2374

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 50:18

Speed: 11.93 km/h
Running performance: 4:45 min/km

Rank in course/Total: 71 (of 163)

Rank in course/Men: 65 (of 136)

Best time in course: 35:03

Rank in category: 9(of 25)

Best time in the category: 41:50