



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Helbing, Heiko

Club: Jena

Number: 2328

Course: 10.60 km

Geländelauf lang

Category:

Männer M40

Total time: 50:49

Speed: 11.81 km/h

Running performance: 4:47 min/km

Rank in course/Total: 73 (of 163)

Rank in course/Men: 67 (of 136)

Best time in course: 35:03

Rank in category: 15(of 21)

Best time in the category: 41:58