



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

**Knoll, Martin**

Club: LG Bad Frankenhausen-Göllingen  
Number: 2347

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M20

Total time: 51:05

Speed: 11.75 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 75 (of 163)

Rank in course/Men: 69 (of 136)

Best time in course: 35:03

Rank in category: 10(of 16)

Best time in the category: 35:03