



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt
Number: 2224

Course: 10.60 km
Geländelauf lang

Category:
Männer M30

Total time: 51:07

Speed: 11.74 km/h
Running performance: 4:49 min/km

Rank in course/Total: 76 (of 163)

Rank in course/Men: 70 (of 136)

Best time in course: 35:03

Rank in category: 7(of 10)

Best time in the category: 36:31