



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Senf, Michael

Club: SV Normania Treffurt
Number: 2022

Course: 10.60 km
Geländelauf lang

Category:
Männer M30

Total time: 51:17

Speed: 11.70 km/h
Running performance: 4:50 min/km

Rank in course/Total: 77 (of 163)

Rank in course/Men: 71 (of 136)

Best time in course: 35:03

Rank in category: 8(of 10)

Best time in the category: 36:31