



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Speck, Wilfried

Club: Eschwege

Number: 2276

Course: 10.60 km

Geländelauf lang

Category:

Männer M55

Total time: 51:19

Speed: 11.69 km/h

Running performance: 4:50 min/km

Rank in course/Total: 78 (of 163)

Rank in course/Men: 72 (of 136)

Best time in course: 35:03

Rank in category: 3(of 7)

Best time in the category: 49:05