



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Hempel, Christian

Club: Heldra
Number: 2300

Course: 10.60 km
Geländelauf lang

Category:
Männer M20

Total time: 52:02

Speed: 12.22 km/h
Running performance: 4:55 min/km

Rank in course/Total: 82 (of 163)

Rank in course/Men: 76 (of 136)

Best time in course: 35:03

Rank in category: 11(of 16)

Best time in the category: 35:03