



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen
Number: 2051

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 52:52

Speed: 11.35 km/h
Running performance: 4:59 min/km

Rank in course/Total: 85 (of 163)

Rank in course/Men: 78 (of 136)

Best time in course: 35:03

Rank in category: 16(of 21)

Best time in the category: 41:58