



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda  
Number: 2372

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 53:17

Speed: 11.26 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 90 (of 163)

Rank in course/Men: 83 (of 136)

Best time in course: 35:03

Rank in category: 12(of 25)

Best time in the category: 41:50