



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Hermann, Rainer

Club: Thuringia Königsee  
Number: 2071

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M65

Total time: 53:44

Speed: 11.17 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 96 (of 163)

Rank in course/Men: 87 (of 136)

Best time in course: 35:03

Rank in category: 2(of 5)

Best time in the category: 52:53