



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Ludwig, Frank

Club: Team DEURA HAUS

Number: 2038

Course: 10.60 km

Geländelauf lang

Category:

Männer M45

Total time: 53:54

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 97 (of 163)

Rank in course/Men: 88 (of 136)

Best time in course: 35:03

Rank in category: 14(of 25)

Best time in the category: 41:50