



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Lüttkopf, Uwe

Club: Team DEURA HAUS
Number: 2036

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 53:57

Speed: 11.12 km/h
Running performance: 5:05 min/km

Rank in course/Total: 98 (of 163)

Rank in course/Men: 89 (of 136)

Best time in course: 35:03

Rank in category: 15(of 25)

Best time in the category: 41:50