



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Nothnagel, Uwe

Club: Fitnessoase Ohrdruf
Number: 2356

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 54:21

Speed: 11.04 km/h
Running performance: 5:08 min/km

Rank in course/Total: 100 (of 163)

Rank in course/Men: 91 (of 136)

Best time in course: 35:03

Rank in category: 18(of 21)

Best time in the category: 41:58