



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Kranz, Horst

Club: Sondershausen  
Number: 2349

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M55

Total time: 54:48

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 101 (of 163)

Rank in course/Men: 92 (of 136)

Best time in course: 35:03

Rank in category: 4(of 7)

Best time in the category: 49:05