



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 2245

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 55:58

Speed: 11.36 km/h
Running performance: 5:17 min/km

Rank in course/Total: 107 (of 163)

Rank in course/Men: 97 (of 136)

Best time in course: 35:03

Rank in category: 18(of 25)

Best time in the category: 41:50