



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 2351

Course: 10.60 km

Geländelauf lang

Category:

Männer M70

Total time: 56:11

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 109 (of 163)

Rank in course/Men: 99 (of 136)

Best time in course: 35:03

Rank in category: 2(of 3)

Best time in the category: 56:10