



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

fütterer, friedbert

Club: sv gernode1887ev
Number: 2219

Course: 10.60 km
Geländelauf lang

Category:
Männer M55

Total time: 56:16

Speed: 11.30 km/h
Running performance: 5:19 min/km

Rank in course/Total: 110 (of 163)

Rank in course/Men: 100 (of 136)

Best time in course: 35:03

Rank in category: 5(of 7)

Best time in the category: 49:05