



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Gonzalez Rubio, Romildo

Club: Laufftreff Breitung
Number: 2110

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 56:18

Speed: 10.66 km/h
Running performance: 5:19 min/km

Rank in course/Total: 111 (of 163)

Rank in course/Men: 101 (of 136)

Best time in course: 35:03

Rank in category: 19(of 21)

Best time in the category: 41:58