



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Hennig, Bernhard

Club: SV Mihla
Number: 2264

Course: 10.60 km
Geländelauf lang

Category:
Männer M60

Total time: 57:20

Speed: 10.47 km/h
Running performance: 5:25 min/km

Rank in course/Total: 116 (of 163)

Rank in course/Men: 105 (of 136)

Best time in course: 35:03

Rank in category: 4(of 9)

Best time in the category: 51:02