



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Quast, Holger

Club: Mühlhausen
Number: 2272

Course: 10.60 km
Geländelauf lang

Category:
Männer M35

Total time: 57:37

Speed: 10.41 km/h
Running performance: 5:26 min/km

Rank in course/Total: 117 (of 163)

Rank in course/Men: 106 (of 136)

Best time in course: 35:03

Rank in category: 14(of 15)

Best time in the category: 41:45