



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: 11.04 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