



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Heilwagen, Hans-Jürgen

Club: SV 1899 Mühlhausen  
Number: 2093

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M60

Total time: 58:07

Speed: 10.32 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 120 (of 163)

Rank in course/Men: 109 (of 136)

Best time in course: 35:03

Rank in category: 6(of 9)

Best time in the category: 51:02