



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Rikirsch, Roland

Club: Creuzburg
Number: 2352

Course: 10.60 km
Geländelauf lang

Category:
Männer M65

Total time: 58:13

Speed: 10.31 km/h
Running performance: 5:29 min/km

Rank in course/Total: 123 (of 163)

Rank in course/Men: 111 (of 136)

Best time in course: 35:03

Rank in category: 3(of 5)

Best time in the category: 52:53