



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Leister, Karl Heinz

Club: Sparkasse Unstrut Hainich
Number: 2375

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 58:18

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 124 (of 163)

Rank in course/Men: 112 (of 136)

Best time in course: 35:03

Rank in category: 19(of 25)

Best time in the category: 41:50