



7. Trefffurter Stadtlauf

Treffurt / 11.09.2010

Detailed evaluation

Hopf, Thomas

Club: Fitnesssoase Ohrdruf
Number: 2213

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 59:05

Speed: 10.16 km/h
Running performance: 5:34 min/km

Rank in course/Total: 125 (of 163)

Rank in course/Men: 113 (of 136)

Best time in course: 35:03

Rank in category: 20(of 25)

Best time in the category: 41:50