



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Fick, Thomas

Club: VfB Thomas Müntzer
Number: 2376

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 59:36

Speed: 10.07 km/h
Running performance: 5:37 min/km

Rank in course/Total: 127 (of 163)

Rank in course/Men: 114 (of 136)

Best time in course: 35:03

Rank in category: 21(of 25)

Best time in the category: 41:50