



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen / Göllingen
Number: 2343

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 1:00:18

Speed: 9.95 km/h
Running performance: 5:41 min/km

Rank in course/Total: 129 (of 163)

Rank in course/Men: 116 (of 136)

Best time in course: 35:03

Rank in category: 23(of 25)

Best time in the category: 41:50