



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt  
Number: 2240

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M60

Total time: 1:01:24

Speed: 9.77 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 133 (of 163)

Rank in course/Men: 120 (of 136)

Best time in course: 35:03

Rank in category: 7(of 9)

Best time in the category: 51:02