



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza
Number: 2257

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 1:01:25

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

Rank in course/Total: 134 (of 163)

Rank in course/Men: 121 (of 136)

Best time in course: 35:03

Rank in category: 25(of 25)

Best time in the category: 41:50