



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg
Number: 2206

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 1:05:03

Speed: 9.22 km/h
Running performance: 6:08 min/km

Rank in course/Total: 144 (of 163)

Rank in course/Men: 126 (of 136)

Best time in course: 35:03

Rank in category: 20(of 21)

Best time in the category: 41:58