



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Lesser, Holger

Club: Gotha
Number: 2233

Course: 10.60 km
Geländelauf lang

Category:
Männer M50

Total time: 1:05:23

Speed: 9.18 km/h
Running performance: 6:10 min/km

Rank in course/Total: 146 (of 163)

Rank in course/Men: 127 (of 136)

Best time in course: 35:03

Rank in category: 7(of 8)

Best time in the category: 44:43