



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Heise, Reiner

Club: sc impuls erfurt
Number: 2267

Course: 10.60 km
Geländelauf lang

Category:
Männer M60

Total time: 1:09:21

Speed: 8.65 km/h
Running performance: 6:32 min/km

Rank in course/Total: 158 (of 163)

Rank in course/Men: 134 (of 136)

Best time in course: 35:03

Rank in category: 9(of 9)

Best time in the category: 51:02