



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Demuth, Kay

Club: LG Weingarten

Number: 2367

Course: 5.50 km

Geländelauf kurz

Category:

Männer M30

Total time: 24:35

Speed: 12.20 km/h

Running performance: 4:28 min/km

Rank in course/Total: 17 (of 103)

Rank in course/Men: 14 (of 57)

Best time in course: 20:05

Rank in category: 1(of 2)

Best time in the category: 24:35