



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Pohl, Tizian

Club: Normania Treffurt  
Number: 3333

Course: 5.50 km  
Geländelauf kurz

Category:  
männliche Jugend A

Total time: 24:54

Speed: 12.05 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 19 (of 103)

Rank in course/Men: 15 (of 57)

Best time in course: 20:05

Rank in category: 1(of 1)

Best time in the category: 24:54