



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Grimm, Ulf

Club: SV Normania Treffurt
Number: 1898

Course: 5.50 km
Geländelauf kurz

Category:
Männer M55

Total time: 29:52

Speed: 11.05 km/h
Running performance: 5:26 min/km

Rank in course/Total: 44 (of 103)

Rank in course/Men: 28 (of 57)

Best time in course: 20:05

Rank in category: 1(of 1)

Best time in the category: 29:52