



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Czech, Horst

Club: SV Normania Treffurt
Number: 1895

Course: 5.50 km
Geländelauf kurz

Category:
Männer M70

Total time: 30:48

Speed: 9.74 km/h
Running performance: 5:36 min/km

Rank in course/Total: 51 (of 103)

Rank in course/Men: 32 (of 57)

Best time in course: 20:05

Rank in category: 1(of 2)

Best time in the category: 30:48