



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Helbig, Hans-Peter

Club: Städtfelder Rennsteigfreunde  
Number: 2345

Course: 5.50 km  
Geländelauf kurz

Category:  
Männer M65

Total time: 35:33

Speed: 8.44 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 67 (of 103)

Rank in course/Men: 40 (of 57)

Best time in course: 20:05

Rank in category: 1(of 2)

Best time in the category: 35:33