



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Schinseck, Alfons

Club: Ringgau  
Number: 1511

Course: 5.50 km  
Geländelauf kurz

Category:  
Männer M45

Total time: 39:37

Speed: 7.57 km/h  
Running performance: 7:12 min/km

Rank in course/Total: 81 (of 103)

Rank in course/Men: 48 (of 57)

Best time in course: 20:05

Rank in category: 1(of 1)

Best time in the category: 39:37