



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Anacker, Gerhard

Club: SV Mihla
Number: 2357

Course: 5.50 km
Geländelauf kurz

Category:
Männer M70

Total time: 50:52

Speed: 5.90 km/h
Running performance: 9:15 min/km

Rank in course/Total: 99 (of 103)

Rank in course/Men: 57 (of 57)

Best time in course: 20:05

Rank in category: 2(of 2)

Best time in the category: 30:48