



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Meingast, Roy**

Club: SC St.-Hallenberg

Number: 2118

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 33:00

Speed: 18.18 km/h

Running performance: 3:16 min/km

Rank in course/Total: 1 (of 178)

Rank in course/Men: 1 (of 139)

Best time in course: 33:00

Rank in category: 1(of 19)

Best time in the category: 33:00

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	24:26	3:23	2	0:03	2	0:03	7.20	24:26	3:23	10		1	-
Finish	3.00	8:34	2:51	1	-	1	-	10.10	33:00	3:16	1	-	1	-