



# 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 | Split | Split  | Pos  | Behind | Pos | Behind | Total | Total | Total  | Pos  | Behind | Pos | Behind |
|------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
|            | km    | Time  | min/km | Cat. | Cat.   | Men | Men    | km    | Time  | min/km | Cat. | Cat.   | Men | 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   | -      |