



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Göring, Franz

Club: SCM Zella-Mehlis

Number: 2119

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 33:18

Speed: 18.02 km/h

Running performance: 3:18 min/km

Rank in course/Total: 2 (of 178)

Rank in course/Men: 2 (of 139)

Best time in course: 33:00

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	24:23	3:23	1	-	1	-	7.20	24:23	3:23	18		2	
Finish	3.00	8:55	2:58	2	0:21	4	0:21	10.10	33:18	3:17	2	0:18	2	0:18