



## 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

### Detailed evaluation

Filbrich, Jens

Club: SV Frankenhain

Number: 2124

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 34:13

Speed: 17.71 km/h

Running performance: 3:23 min/km

Rank in course/Total: 6 (of 178)

Rank in course/Men: 6 (of 139)

Best time in course: 33:00

Rank in category: 1(of 11)

Best time in the category: 34:13

### 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	25:24	3:31	1	-	5	1:01	7.20	25:24	3:31	1	-	5	0:58
Finish	3.00	8:49	2:56	1	-	3	0:15	10.10	34:13	3:23	1	-	6	1:13