



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Bing, Thomas

Club: Rhöner WSV

Number: 2140

Course: 10.10 km

Geländelauf

Category:

männliche Jugend A

Total time: 34:37

Speed: 17.51 km/h

Running performance: 3:26 min/km

Rank in course/Total: 7 (of 178)

Rank in course/Men: 7 (of 139)

Best time in course: 33:00

Rank in category: 2(of 5)

Best time in the category: 33:46

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	25:24	3:31	2	0:26	5	1:01	7.20	25:24	3:31	2	0:26	5	0:58
Finish	3.00	9:13	3:04	2	0:25	6	0:39	10.10	34:37	3:25	2	0:51	7	1:37