



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Degenhardt, Oliver

Club: TSV Heiligenrode

Number: 2128

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 37:31

Speed: 15.99 km/h

Running performance: 3:43 min/km

Rank in course/Total: 8 (of 178)

Rank in course/Men: 8 (of 139)

Best time in course: 33:00

Rank in category: 1(of 23)

Best time in the category: 37:31

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	27:35	3:49	1	-	7	3:12	7.20	27:35	3:49	12	-	7	3:09
Finish	3.00	9:56	3:18	1	-	9	1:22	10.10	37:31	3:42	1	-	8	4:31