



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Pickel, Manuel

Club: LSV Unstrut-Hainich

Number: 2112

Course: 10.10 km

Geländelauf

Category:

männliche Jugend A

Total time: 37:50

Speed: 15.86 km/h

Running performance: 3:45 min/km

Rank in course/Total: 9 (of 178)

Rank in course/Men: 9 (of 139)

Best time in course: 33:00

Rank in category: 3(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	27:59	3:53	3	3:01	8	3:36	7.20	27:59	3:53	3	3:01	8	3:33
Finish	3.00	9:51	3:16	3	1:03	8	1:17	10.10	37:50	3:44	3	4:04	9	4:50