



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Schneider, Erik

Club: SV 90 Gräfenroda

Number: 2121

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 38:36

Speed: 15.54 km/h

Running performance: 3:49 min/km

Rank in course/Total: 10 (of 178)

Rank in course/Men: 10 (of 139)

Best time in course: 33:00

Rank in category: 5(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. | 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 | 28:37 | 3:58 | 4 | 4:14 | 9 | 4:14 | 7.20 | 28:37 | 3:58 | 16 | | | 9 | 4:11 |
| Finish | 3.00 | 9:59 | 3:19 | 4 | 1:25 | 10 | 1:25 | 10.10 | 38:36 | 3:49 | 5 | 5:36 | | 10 | 5:36 |