



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: 15.70 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	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	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