



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Schlüter, Andreas

Club: WSV Oberhof 05

Number: 0

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 39:13

Speed: 15.30 km/h

Running performance: 3:53 min/km

Rank in course/Total: 11 (of 178)

Rank in course/Men: 11 (of 139)

Best time in course: 33:00

Rank in category: 1(of 14)

Best time in the category: 39:13

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	28:46	3:59	1	-	10	4:23	7.20	28:46	3:59	1	-	10	4:20
Finish	3.00	10:27	3:28	3	0:28	18	1:53	10.10	39:13	3:52	1	-	11	6:13