



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Meister, Frank

Club: Lauffreunde Gotha

Number: 2190

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 39:26

Speed: 15.22 km/h

Running performance: 3:54 min/km

Rank in course/Total: 12 (of 178)

Rank in course/Men: 12 (of 139)

Best time in course: 33:00

Rank in category: 1(of 25)

Best time in the category: 39:26

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	29:37	4:06	2	0:10	15	5:14	7.20	29:37	4:06	14		11	5:11
Finish	3.00	9:49	3:16	1	-	7	1:15	10.10	39:26	3:54	1	-	12	6:26