



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Sauerbrei, Rainer

Club: Eisenach

Number: 2080

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 39:30

Speed: 15.19 km/h

Running performance: 3:55 min/km

Rank in course/Total: 13 (of 178)

Rank in course/Men: 13 (of 139)

Best time in course: 33:00

Rank in category: 2(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	29:31	4:05	3	0:45	14	5:08	7.20	29:31	4:05	2	0:45	12	5:05
Finish	3.00	9:59	3:19	1	-	10	1:25	10.10	39:30	3:54	2	0:17	13	6:30