



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Mehr, Ralf

Club: Sportteam Steinbach Meiningen
Number: 2008

Course: 10.10 km
Geländelauf

Category:
Männer M35

Total time: 39:33

Speed: 15.17 km/h
Running performance: 3:55 min/km

Rank in course/Total: 14 (of 178)

Rank in course/Men: 14 (of 139)

Best time in course: 33:00

Rank in category: 3(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	29:20	4:04	2	0:34	11	4:57	7.20	29:20	4:04	3	0:34	13	4:54
Finish	3.00	10:13	3:24	2	0:14	16	1:39	10.10	39:33	3:54	3	0:20	14	6:33