



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.

Number: 2072

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 39:36

Speed: 15.15 km/h

Running performance: 3:55 min/km

Rank in course/Total: 15 (of 178)

Rank in course/Men: 15 (of 139)

Best time in course: 33:00

Rank in category: 2(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	29:27	4:05	1	-	13	5:04	7.20	29:27	4:05	25		14	5:01
Finish	3.00	10:09	3:23	3	0:20	14	1:35	10.10	39:36	3:55	2	0:10	15	6:36