



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kurch, Sebastian

Club: VfL 28 Ellrich

Number: 2034

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 39:57

Speed: 15.02 km/h

Running performance: 3:58 min/km

Rank in course/Total: 18 (of 178)

Rank in course/Men: 18 (of 139)

Best time in course: 33:00

Rank in category: 6(of 19)

Best time in the category: 33:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	29:45	4:07	5	5:22	16	5:22	7.20	29:45	4:07	15		17	5:19
Finish	3.00	10:12	3:23	5	1:38	15	1:38	10.10	39:57	3:57	6	6:57	18	6:57