



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Zimmermann, Dirk

Club: AC Apolda

Number: 2204

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 40:39

Speed: 14.76 km/h

Running performance: 4:01 min/km

Rank in course/Total: 19 (of 178)

Rank in course/Men: 19 (of 139)

Best time in course: 33:00

Rank in category: 2(of 23)

Best time in the category: 37:31

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	30:40	4:15	2	3:05	21	6:17	7.20	30:40	4:15	22		18	6:14
Finish	3.00	9:59	3:19	2	0:03	10	1:25	10.10	40:39	4:01	2	3:08	19	7:39