



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Gauditz, Christian

Club: SV Normania Treffurt

Number: 2107

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 40:47

Speed: 14.71 km/h

Running performance: 4:02 min/km

Rank in course/Total: 20 (of 178)

Rank in course/Men: 20 (of 139)

Best time in course: 33:00

Rank in category: 2(of 11)

Best time in the category: 34:13

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	30:11	4:11	2	4:47	19	5:48	7.20	30:11	4:11	2	4:47	19	5:45
Finish	3.00	10:36	3:31	3	1:47	21	2:02	10.10	40:47	4:02	2	6:34	20	7:47