



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Montag, Tino

Club: SV Normania Treffurt

Number: 2160

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 40:53

Speed: 14.68 km/h

Running performance: 4:03 min/km

Rank in course/Total: 21 (of 178)

Rank in course/Men: 21 (of 139)

Best time in course: 33:00

Rank in category: 7(of 19)

Best time in the category: 33:00

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	30:21	4:12	6	5:58	20	5:58	7.20	30:21	4:12	14		20	5:55
Finish	3.00	10:32	3:30	6	1:58	20	1:58	10.10	40:53	4:02	7	7:53	21	7:53