



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt e.V.

Number: 2048

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 41:14

Speed: 14.55 km/h

Running performance: 4:05 min/km

Rank in course/Total: 22 (of 178)

Rank in course/Men: 22 (of 139)

Best time in course: 33:00

Rank in category: 1(of 11)

Best time in the category: 41:14

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	29:59	4:09	1	-	18	5:36	7.20	29:59	4:09	1	-	21	5:33
Finish	3.00	11:15	3:45	5	0:20	35	2:41	10.10	41:14	4:04	1	-	22	8:14