



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Hoffmann, Nico

Club: SV Normania

Number: 2163

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 41:48

Speed: 14.35 km/h

Running performance: 4:08 min/km

Rank in course/Total: 24 (of 178)

Rank in course/Men: 24 (of 139)

Best time in course: 33:00

Rank in category: 3(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	31:24	4:21	3	6:00	26	7:01	7.20	31:24	4:21	3	6:00	22	6:58
Finish	3.00	10:24	3:28	2	1:35	17	1:50	10.10	41:48	4:08	3	7:35	24	8:48