



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wernecke, Karl-Ernst

Club: VfL 28 Ellrich

Number: 2139

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 41:49

Speed: 14.35 km/h

Running performance: 4:08 min/km

Rank in course/Total: 25 (of 178)

Rank in course/Men: 25 (of 139)

Best time in course: 33:00

Rank in category: 1(of 8)

Best time in the category: 41:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	30:55	4:17	1	-	22	6:32	7.20	30:55	4:17	1	-	23	6:29
Finish	3.00	10:54	3:38	1	-	25	2:20	10.10	41:49	4:08	1	-	25	8:49