



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Noll, Jonas

Club: SV Normania Treffurt

Number: 2064

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 42:02

Speed: 14.27 km/h

Running performance: 4:10 min/km

Rank in course/Total: 27 (of 178)

Rank in course/Men: 26 (of 139)

Best time in course: 33:00

Rank in category: 3(of 23)

Best time in the category: 37:31

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	5	3:49	26	7:01	7.20	31:24	4:21	21		22	6:58
Finish	3.00	10:38	3:32	3	0:42	23	2:04	10.10	42:02	4:09	3	4:31	26	9:02