



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Montag, Holger

Club: SV Normania Treffurt

Number: 2074

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 42:17

Speed: 14.19 km/h

Running performance: 4:11 min/km

Rank in course/Total: 28 (of 178)

Rank in course/Men: 27 (of 139)

Best time in course: 33:00

Rank in category: 5(of 14)

Best time in the category: 39:13

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	31:15	4:20	4	2:29	24	6:52	7.20	31:15	4:20	4	2:29	25	6:49
Finish	3.00	11:02	3:40	4	1:03	28	2:28	10.10	42:17	4:11	5	3:04	27	9:17