



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Reinz, Michael

Club: SV Normania Treffurt

Number: 2091

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 42:21

Speed: 14.17 km/h

Running performance: 4:11 min/km

Rank in course/Total: 29 (of 178)

Rank in course/Men: 28 (of 139)

Best time in course: 33:00

Rank in category: 4(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	31:06	4:19	3	3:31	23	6:43	7.20	31:06	4:19	20		26	6:40
Finish	3.00	11:15	3:45	7	1:19	35	2:41	10.10	42:21	4:11	4	4:50	28	9:21