



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kühne, Timm

Club: VfL 28 Ellrich

Number: 2136

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 42:30

Speed: 14.12 km/h

Running performance: 4:13 min/km

Rank in course/Total: 30 (of 178)

Rank in course/Men: 29 (of 139)

Best time in course: 33:00

Rank in category: 4(of 25)

Best time in the category: 39:26

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 | 31:53 | 4:25 | 4 | 2:26 | 31 | 7:30 | 7.20 | 31:53 | 4:25 | 23 | | 27 | 7:27 |
| Finish | 3.00 | 10:37 | 3:32 | 4 | 0:48 | 22 | 2:03 | 10.10 | 42:30 | 4:12 | 4 | 3:04 | 29 | 9:30 |