



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: 14.26 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	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	31:53	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