



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Zimmer, Jörg**

Club: SKI Club Meißner

Number: 2205

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 42:40

Speed: 14.06 km/h

Running performance: 4:13 min/km

Rank in course/Total: 31 (of 178)

Rank in course/Men: 30 (of 139)

Best time in course: 33:00

Rank in category: 5(of 23)

Best time in the category: 37:31

### 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	31:15	4:20	4	3:40	24	6:52	7.20	31:15	4:20	19		25	6:49
Finish	3.00	11:25	3:48	9	1:29	41	2:51	10.10	42:40	4:13	5	5:09	30	9:40