



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Pelzel, Mario**

Club: VfL 28 Ellrich

Number: 2130

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 42:41

Speed: 14.06 km/h

Running performance: 4:14 min/km

Rank in course/Total: 32 (of 178)

Rank in course/Men: 31 (of 139)

Best time in course: 33:00

Rank in category: 6(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.20	31:49	4:25	7	4:14	29	7:26	7.20	31:49	4:25	18		29	7:23
Finish	3.00	10:52	3:37	4	0:56	24	2:18	10.10	42:41	4:13	6	5:10	31	9:41