



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Grimm, Holger

Club: SV Normania Treffurt

Number: 2152

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 42:43

Speed: 14.05 km/h

Running performance: 4:14 min/km

Rank in course/Total: 33 (of 178)

Rank in course/Men: 32 (of 139)

Best time in course: 33:00

Rank in category: 7(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	31:34	4:23	6	3:59	28	7:11	7.20	31:34	4:23	17		30	7:08
Finish	3.00	11:09	3:43	6	1:13	33	2:35	10.10	42:43	4:13	7	5:12	32	9:43