



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Rehbein, Christian

Club: Bath University

Number: 2127

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 42:51

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 34 (of 178)

Rank in course/Men: 33 (of 139)

Best time in course: 33:00

Rank in category: 8(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	31:57	4:26	8	4:22	32	7:34	7.20	31:57	4:26	16		31	7:31
Finish	3.00	10:54	3:38	5	0:58	25	2:20	10.10	42:51	4:14	8	5:20	33	9:51