



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Montag, Andreas

Club: SV Normania Treffurt

Number: 2067

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 42:56

Speed: 13.98 km/h

Running performance: 4:15 min/km

Rank in course/Total: 35 (of 178)

Rank in course/Men: 34 (of 139)

Best time in course: 33:00

Rank in category: 2(of 11)

Best time in the category: 41:14

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	31:51	4:25	2	1:52	30	7:28	7.20	31:51	4:25	2	1:52	32	7:25
Finish	3.00	11:05	3:41	3	0:10	30	2:31	10.10	42:56	4:15	2	1:42	34	9:56