



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wiemann, Thomas

Club: VfL 28 Ellrich

Number: 2142

Course: 10.10 km

Geländelauf

Category:

männliche Jugend B

Total time: 43:08

Speed: 13.91 km/h

Running performance: 4:16 min/km

Rank in course/Total: 37 (of 178)

Rank in course/Men: 36 (of 139)

Best time in course: 33:00

Rank in category: 1(of 3)

Best time in the category: 43:08

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	32:03	4:27	1	-	34	7:40	7.20	32:03	4:27	1	-	34	7:37
Finish	3.00	11:05	3:41	1	-	30	2:31	10.10	43:08	4:16	1	-	36	10:08