



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Bomberg, Dirk

Club: sc impuls erfurt e.V.

Number: 2041

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 43:25

Speed: 13.82 km/h

Running performance: 4:18 min/km

Rank in course/Total: 38 (of 178)

Rank in course/Men: 37 (of 139)

Best time in course: 33:00

Rank in category: 4(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	32:30	4:30	4	2:31	39	8:07	7.20	32:30	4:30	4	2:31	35	8:04
Finish	3.00	10:55	3:38	1	-	27	2:21	10.10	43:25	4:17	4	2:11	37	10:25