



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Schuchardt, Gerhard

Club: SV Normania Treffurt

Number: 2111

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 43:30

Speed: 13.79 km/h

Running performance: 4:19 min/km

Rank in course/Total: 39 (of 178)

Rank in course/Men: 38 (of 139)

Best time in course: 33:00

Rank in category: 6(of 14)

Best time in the category: 39:13

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	32:19	4:29	5	3:33	36	7:56	7.20	32:19	4:29	5	3:33	36	7:53
Finish	3.00	11:11	3:43	5	1:12	34	2:37	10.10	43:30	4:18	6	4:17	38	10:30