



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kurch, Jörg

Club: VfL 28 Ellrich

Number: 2031

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 43:37

Speed: 13.89 km/h

Running performance: 4:19 min/km

Rank in course/Total: 40 (of 178)

Rank in course/Men: 39 (of 139)

Best time in course: 33:00

Rank in category: 5(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	32:35	4:31	5	2:36	40	8:12	7.20	32:35	4:31	5	2:36	37	8:09
Finish	3.00	11:02	3:40	2	0:07	28	2:28	10.10	43:37	4:19	5	2:23	39	10:37