



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Kühn, Michael**

Club: VfL 28 Ellrich

Number: 2129

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 43:41

Speed: 13.74 km/h

Running performance: 4:20 min/km

Rank in course/Total: 41 (of 178)

Rank in course/Men: 40 (of 139)

Best time in course: 33:00

Rank in category: 9(of 23)

Best time in the category: 37:31

### Intermediate times

### Stage score

### Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Adolfsburg | 7.20        | 32:19         | 4:29            | 9           | 4:44           | 36          | 7:56          | 7.20          | 32:19         | 4:29            | 15          |                | 36         | 7:53          |
| Finish     | 3.00        | 11:22         | 3:47            | 8           | 1:26           | 39          | 2:48          | 10.10         | 43:41         | 4:19            | 9           | 6:10           | 40         | 10:41         |