



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						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	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