



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Gernke, Markus

Club: Werratal Runners

Number: 2021

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 43:48

Speed: 13.70 km/h

Running performance: 4:20 min/km

Rank in course/Total: 43 (of 178)

Rank in course/Men: 41 (of 139)

Best time in course: 33:00

Rank in category: 4(of 11)

Best time in the category: 34:13

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	32:12	4:28	4	6:48	35	7:49	7.20	32:12	4:28	4	6:48	39	7:46
Finish	3.00	11:36	3:52	6	2:47	51	3:02	10.10	43:48	4:20	4	9:35	41	10:48