



## 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

### Detailed evaluation

**Siemon, Thomas**

Club: Cruzburg

Number: 2175

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 43:51

Speed: 13.68 km/h

Running performance: 4:20 min/km

Rank in course/Total: 44 (of 178)

Rank in course/Men: 42 (of 139)

Best time in course: 33:00

Rank in category: 5(of 25)

Best time in the category: 39:26

### 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	32:26	4:30	5	2:59	38	8:03	7.20	32:26	4:30	22		40	8:00
Finish	3.00	11:25	3:48	7	1:36	41	2:51	10.10	43:51	4:20	5	4:25	42	10:51