



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Lehmann, Florian

Club: SV Normania Treffurt

Number: 2158

Course: 10.10 km

Geländelauf

Category:

männliche Jugend B

Total time: 44:06

Speed: 13.74 km/h

Running performance: 4:22 min/km

Rank in course/Total: 45 (of 178)

Rank in course/Men: 43 (of 139)

Best time in course: 33:00

Rank in category: 2(of 3)

Best time in the category: 43:08

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	32:40	4:32	2	0:37	41	8:17	7.20	32:40	4:32	2	0:37	41	8:14
Finish	3.00	11:26	3:48	2	0:21	43	2:52	10.10	44:06	4:21	2	0:58	43	11:06