



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Hartmann, Mario

Club: SV Normania Treffurt

Number: 2005

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 44:15

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 46 (of 178)

Rank in course/Men: 44 (of 139)

Best time in course: 33:00

Rank in category: 7(of 14)

Best time in the category: 39:13

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	32:44	4:32	6	3:58	42	8:21	7.20	32:44	4:32	6	3:58	42	8:18
Finish	3.00	11:31	3:50	6	1:32	48	2:57	10.10	44:15	4:22	7	5:02	44	11:15