



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Montag, Nico

Club: SV Normania Treffurt

Number: 2081

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 44:24

Speed: 13.51 km/h

Running performance: 4:24 min/km

Rank in course/Total: 47 (of 178)

Rank in course/Men: 45 (of 139)

Best time in course: 33:00

Rank in category: 5(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	32:54	4:34	5	7:30	43	8:31	7.20	32:54	4:34	5	7:30	43	8:28
Finish	3.00	11:30	3:50	4	2:41	46	2:56	10.10	44:24	4:23	5	10:11	45	11:24