



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Rößler, Jürgen

Club: 1. TSV 1990 Bad Salzungen

Number: 2094

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 44:28

Speed: 13.49 km/h

Running performance: 4:24 min/km

Rank in course/Total: 48 (of 178)

Rank in course/Men: 46 (of 139)

Best time in course: 33:00

Rank in category: 2(of 8)

Best time in the category: 41:49

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	33:06	4:35	2	2:11	44	8:43	7.20	33:06	4:35	2	2:11	44	8:40
Finish	3.00	11:22	3:47	2	0:28	39	2:48	10.10	44:28	4:24	2	2:39	46	11:28