



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Fröhlich, Andreas

Club: SV Normania Treffurt

Number: 2162

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 44:38

Speed: 13.44 km/h

Running performance: 4:25 min/km

Rank in course/Total: 49 (of 178)

Rank in course/Men: 47 (of 139)

Best time in course: 33:00

Rank in category: 6(of 11)

Best time in the category: 34:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Adolfsburg	7.20	33:08	4:36	6	7:44	45	8:45	7.20	33:08	4:36	6	7:44	45	8:42				
Finish	3.00	11:30	3:50	4	2:41	46	2:56	10.10	44:38	4:25	6	10:25	47	11:38				