



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Krauß, Raimund

Club: LV Einheit Greiz

Number: 2035

Course: 10.10 km

Geländelauf

Category:

Männer M70

Total time: 45:07

Speed: 13.30 km/h

Running performance: 4:28 min/km

Rank in course/Total: 50 (of 178)

Rank in course/Men: 48 (of 139)

Best time in course: 33:00

Rank in category: 1(of 3)

Best time in the category: 45:07

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		
Adolfsburg	7.20	33:24	4:38	1	-	46	9:01	7.20	33:24	4:38	1	-	46	8:58
Finish	3.00	11:43	3:54	1	-	54	3:09	10.10	45:07	4:28	1	-	48	12:07