



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Eisenbrandt, Frank

Club: SV Normania Treffurt

Number: 2167

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 45:13

Speed: 13.27 km/h

Running performance: 4:29 min/km

Rank in course/Total: 51 (of 178)

Rank in course/Men: 49 (of 139)

Best time in course: 33:00

Rank in category: 6(of 25)

Best time in the category: 39:26

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	33:56	4:42	7	4:29	48	9:33	7.20	33:56	4:42	21		47	9:30
Finish	3.00	11:17	3:45	5	1:28	37	2:43	10.10	45:13	4:28	6	5:47	49	12:13