



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Enge, Uwe

Club: TSG Ruhla / Handball

Number: 2185

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 45:21

Speed: 13.23 km/h

Running performance: 4:29 min/km

Rank in course/Total: 52 (of 178)

Rank in course/Men: 50 (of 139)

Best time in course: 33:00

Rank in category: 7(of 25)

Best time in the category: 39:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	33:54	4:42	6	4:27	47	9:31	7.20	33:54	4:42	20		48	9:28
Finish	3.00	11:27	3:48	8	1:38	44	2:53	10.10	45:21	4:29	7	5:55	50	12:21