



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Henning, Jürgen

Club: Spvgg Faulungen

Number: 2202

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 45:52

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 53 (of 178)

Rank in course/Men: 51 (of 139)

Best time in course: 33:00

Rank in category: 8(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	34:31	4:47	9	5:04	53	10:08	7.20	34:31	4:47	19		49	10:05
Finish	3.00	11:21	3:46	6	1:32	38	2:47	10.10	45:52	4:32	8	6:26	51	12:52