



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kleinschmidt, Mario

Club: Mühlhäuser Laufcombo

Number: 2108

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 45:55

Speed: 13.07 km/h

Running performance: 4:33 min/km

Rank in course/Total: 54 (of 178)

Rank in course/Men: 52 (of 139)

Best time in course: 33:00

Rank in category: 10(of 23)

Best time in the category: 37:31

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	34:03	4:43	10	6:28	49	9:40	7.20	34:03	4:43	14		50	9:37
Finish	3.00	11:52	3:57	12	1:56	60	3:18	10.10	45:55	4:32	10	8:24	52	12:55