



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Pohl, Wolfgang

Club: SV Normania Treffurt

Number: 2062

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 46:07

Speed: 13.01 km/h

Running performance: 4:34 min/km

Rank in course/Total: 55 (of 178)

Rank in course/Men: 53 (of 139)

Best time in course: 33:00

Rank in category: 3(of 8)

Best time in the category: 41:49

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	34:27	4:47	3	3:32	52	10:04	7.20	34:27	4:47	3	3:32	51	10:01
Finish	3.00	11:40	3:53	3	0:46	52	3:06	10.10	46:07	4:33	3	4:18	53	13:07