



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Hunstock, Christoph**

Club: SV Normania Treffurt

Number: 2159

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 46:12

Speed: 12.99 km/h

Running performance: 4:34 min/km

Rank in course/Total: 56 (of 178)

Rank in course/Men: 54 (of 139)

Best time in course: 33:00

Rank in category: 8(of 19)

Best time in the category: 33:00

### 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	34:40	4:48	7	10:17	56	10:17	7.20	34:40	4:48	13		52	10:14
Finish	3.00	11:32	3:50	7	2:58	49	2:58	10.10	46:12	4:34	8	13:12	54	13:12