



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Seever, Thorsten

Club: Laufftreff AlteburgArnstadt
Number: 2083

Course: 10.10 km
Geländelauf

Category:
Männer M35

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:35 min/km

Rank in course/Total: 57 (of 178)

Rank in course/Men: 55 (of 139)

Best time in course: 33:00

Rank in category: 8(of 14)

Best time in the category: 39:13

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	34:11	4:44	7	5:25	50	9:48	7.20	34:11	4:44	7	5:25	53	9:45
Finish	3.00	12:05	4:01	7	2:06	66	3:31	10.10	46:16	4:34	8	7:03	55	13:16