



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV

Number: 2033

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 46:27

Speed: 12.92 km/h

Running performance: 4:36 min/km

Rank in course/Total: 58 (of 178)

Rank in course/Men: 56 (of 139)

Best time in course: 33:00

Rank in category: 11(of 23)

Best time in the category: 37:31

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	34:37	4:48	11	7:02	55	10:14	7.20	34:37	4:48	13		54	10:11
Finish	3.00	11:50	3:56	11	1:54	59	3:16	10.10	46:27	4:35	11	8:56	56	13:27