



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wenzel, Heiko

Club: SV-Eintracht-Haina

Number: 2096

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 46:37

Speed: 12.87 km/h

Running performance: 4:37 min/km

Rank in course/Total: 59 (of 178)

Rank in course/Men: 57 (of 139)

Best time in course: 33:00

Rank in category: 9(of 25)

Best time in the category: 39:26

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	34:49	4:50	10	5:22	58	10:26	7.20	34:49	4:50	18		55	10:23
Finish	3.00	11:48	3:56	10	1:59	57	3:14	10.10	46:37	4:36	9	7:11	57	13:37