



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Weißhaar, Dirk**

Club: SV Mihla

Number: 2174

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 46:41

Speed: 12.98 km/h

Running performance: 4:37 min/km

Rank in course/Total: 60 (of 178)

Rank in course/Men: 58 (of 139)

Best time in course: 33:00

Rank in category: 12(of 23)

Best time in the category: 37:31

### 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	34:56	4:51	12	7:21	59	10:33	7.20	34:56	4:51	1	-	56	10:30
Finish	3.00	11:45	3:54	10	1:49	56	3:11	10.10	46:41	4:37	12	9:10	58	13:41