



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: 12.85 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	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	34:56	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