



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Erdmann, Hartmut

Club: LTV Obereichsfeld

Number: 2103

Course: 10.10 km

Geländelauf

Category:

Männer M65

Total time: 46:44

Speed: 12.84 km/h

Running performance: 4:38 min/km

Rank in course/Total: 61 (of 178)

Rank in course/Men: 59 (of 139)

Best time in course: 33:00

Rank in category: 1(of 8)

Best time in the category: 46:44

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	35:12	4:53	1	-	62	10:49	7.20	35:12	4:53	1	-	57	10:46
Finish	3.00	11:32	3:50	1	-	49	2:58	10.10	46:44	4:37	1	-	59	13:44