



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Temmler, Matthias

Club: SV Normania Treffurt

Number: 2135

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 46:46

Speed: 12.83 km/h

Running performance: 4:38 min/km

Rank in course/Total: 62 (of 178)

Rank in course/Men: 60 (of 139)

Best time in course: 33:00

Rank in category: 10(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	35:06	4:52	12	5:39	61	10:43	7.20	35:06	4:52	17		58	10:40
Finish	3.00	11:40	3:53	9	1:51	52	3:06	10.10	46:46	4:37	10	7:20	60	13:46