



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kountouridis, Andreas

Club: SV EINHEIT WORBIS

Number: 2018

Course: 10.10 km

Geländelauf

Category:

männliche Jugend B

Total time: 46:56

Speed: 12.78 km/h

Running performance: 4:39 min/km

Rank in course/Total: 63 (of 178)

Rank in course/Men: 61 (of 139)

Best time in course: 33:00

Rank in category: 3(of 3)

Best time in the category: 43:08

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	35:28	4:55	3	3:25	63	11:05	7.20	35:28	4:55	3	3:25	59	11:02
Finish	3.00	11:28	3:49	3	0:23	45	2:54	10.10	46:56	4:38	3	3:48	61	13:56