



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Steinwachs, Bert

Club: Großburschla

Number: 2126

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 46:58

Speed: 12.78 km/h

Running performance: 4:39 min/km

Rank in course/Total: 64 (of 178)

Rank in course/Men: 62 (of 139)

Best time in course: 33:00

Rank in category: 7(of 11)

Best time in the category: 34:13

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	34:36	4:48	7	9:12	54	10:13	7.20	34:36	4:48	7	9:12	60	10:10
Finish	3.00	12:22	4:07	7	3:33	68	3:48	10.10	46:58	4:39	7	12:45	62	13:58