



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Schütz, Günter

Club: sc impuls erfurt e.V.

Number: 2055

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 47:05

Speed: 12.74 km/h

Running performance: 4:40 min/km

Rank in course/Total: 65 (of 178)

Rank in course/Men: 63 (of 139)

Best time in course: 33:00

Rank in category: 11(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	34:21	4:46	8	4:54	51	9:58	7.20	34:21	4:46	16		61	9:55
Finish	3.00	12:44	4:14	16	2:55	84	4:10	10.10	47:05	4:39	11	7:39	63	14:05