



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 |