



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Helbing, Heiko

Club: Jena

Number: 2157

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 47:07

Speed: 12.73 km/h

Running performance: 4:40 min/km

Rank in course/Total: 66 (of 178)

Rank in course/Men: 64 (of 139)

Best time in course: 33:00

Rank in category: 9(of 14)

Best time in the category: 39:13

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	fehlt!	-	-	-	-	-	7.20	-	-	-	-	-	-
Finish	3.00	47:07	15:42	14	37:08	138	38:33	10.10	47:07	4:39	9	7:54	64	14:07