



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Mähler, Sebastian

Club: SV Siebleben

Number: 2183

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 47:12

Speed: 12.71 km/h

Running performance: 4:40 min/km

Rank in course/Total: 67 (of 178)

Rank in course/Men: 65 (of 139)

Best time in course: 33:00

Rank in category: 9(of 19)

Best time in the category: 33:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	34:43	4:49	8	10:20	57	10:20	7.20	34:43	4:49	12		62	10:17
Finish	3.00	12:29	4:09	10	3:55	73	3:55	10.10	47:12	4:40	9	14:12	65	14:12