



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Liehr, Andreas

Club: SV Mihla

Number: 2172

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 47:27

Speed: 12.64 km/h

Running performance: 4:42 min/km

Rank in course/Total: 69 (of 178)

Rank in course/Men: 66 (of 139)

Best time in course: 33:00

Rank in category: 10(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	35:31	4:55	9	11:08	64	11:08	7.20	35:31	4:55	11		63	11:05
Finish	3.00	11:56	3:58	9	3:22	63	3:22	10.10	47:27	4:41	10	14:27	66	14:27