



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |