



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Mortag, Hans-Jürgen

Club: LV Schwarzatal

Number: 2076

Course: 10.10 km

Geländelauf

Category:

Männer M60

Total time: 47:32

Speed: 12.75 km/h

Running performance: 4:43 min/km

Rank in course/Total: 70 (of 178)

Rank in course/Men: 67 (of 139)

Best time in course: 33:00

Rank in category: 1(of 7)

Best time in the category: 47:32

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	35:49	4:58	1	-	66	11:26	7.20	35:49	4:58	1	-	64	11:23
Finish	3.00	11:43	3:54	1	-	54	3:09	10.10	47:32	4:42	1	-	67	14:32