



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Weyenbergh, Martin

Club: Marathon Team Creuzburg

Number: 2169

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 47:34

Speed: 12.61 km/h

Running performance: 4:43 min/km

Rank in course/Total: 72 (of 178)

Rank in course/Men: 68 (of 139)

Best time in course: 33:00

Rank in category: 12(of 25)

Best time in the category: 39:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.20	34:57	4:51	11	5:30	60	10:34	7.20	34:57	4:51	15		65	10:31
Finish	3.00	12:37	4:12	15	2:48	76	4:03	10.10	47:34	4:42	12	8:08	68	14:34