



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Speck, Wilfried

Club: Berkatal

Number: 2086

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 48:09

Speed: 12.46 km/h

Running performance: 4:46 min/km

Rank in course/Total: 73 (of 178)

Rank in course/Men: 69 (of 139)

Best time in course: 33:00

Rank in category: 6(of 11)

Best time in the category: 41:14

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	35:59	4:59	6	6:00	67	11:36	7.20	35:59	4:59	6	6:00	66	11:33
Finish	3.00	12:10	4:03	7	1:15	67	3:36	10.10	48:09	4:46	6	6:55	69	15:09