



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Jeziorski, Andree

Club: sc impuls erfurt e.V.

Number: 2114

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 48:15

Speed: 12.44 km/h

Running performance: 4:47 min/km

Rank in course/Total: 75 (of 178)

Rank in course/Men: 70 (of 139)

Best time in course: 33:00

Rank in category: 13(of 25)

Best time in the category: 39:26

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	36:15	5:02	13	6:48	68	11:52	7.20	36:15	5:02	1	-	67	11:49
Finish	3.00	12:00	4:00	11	2:11	65	3:26	10.10	48:15	4:46	13	8:49	70	15:15