



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Käppler, Gerd

Club: SV Normania Treffurt

Number: 2106

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:47 min/km

Rank in course/Total: 76 (of 178)

Rank in course/Men: 71 (of 139)

Best time in course: 33:00

Rank in category: 7(of 11)

Best time in the category: 41:14

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	36:29	5:04	8	6:30	72	12:06	7.20	36:29	5:04	7	6:30	68	12:03
Finish	3.00	11:48	3:56	6	0:53	57	3:14	10.10	48:17	4:46	7	7:03	71	15:17