



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Rößner, Peter

Club: SV Kyffhäuser

Number: 2115

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 48:21

Speed: 12.41 km/h

Running performance: 4:47 min/km

Rank in course/Total: 77 (of 178)

Rank in course/Men: 72 (of 139)

Best time in course: 33:00

Rank in category: 4(of 8)

Best time in the category: 41:49

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	36:23	5:03	4	5:28	70	12:00	7.20	36:23	5:03	4	5:28	69	11:57
Finish	3.00	11:58	3:59	4	1:04	64	3:24	10.10	48:21	4:47	4	6:32	72	15:21