



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Braunholz, Danilo

Club: SV Normania Treffurt

Number: 2100

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 48:34

Speed: 12.35 km/h

Running performance: 4:49 min/km

Rank in course/Total: 78 (of 178)

Rank in course/Men: 73 (of 139)

Best time in course: 33:00

Rank in category: 13(of 23)

Best time in the category: 37:31

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	36:40	5:05	15	9:05	76	12:17	7.20	36:40	5:05	11	1:44	70	12:14
Finish	3.00	11:54	3:58	13	1:58	61	3:20	10.10	48:34	4:48	13	11:03	73	15:34