



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Dörfling, Christian

Club: DRK-Bergwacht-Bereitschaft-Steinbach
Number: 2203

Course: 10.10 km
Geländelauf

Category:
Männer M20

Total time: 48:51

Speed: 12.28 km/h
Running performance: 4:50 min/km

Rank in course/Total: 81 (of 178)

Rank in course/Men: 75 (of 139)

Best time in course: 33:00

Rank in category: 11(of 19)

Best time in the category: 33:00

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	36:57	5:07	11	12:34	78	12:34	7.20	36:57	5:07	1	-	72	12:31
Finish	3.00	11:54	3:58	8	3:20	61	3:20	10.10	48:51	4:50	11	15:51	75	15:51