



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Richter, Konrad

Club: SV Sömmerda e.V.

Number: 2089

Course: 10.10 km

Geländelauf

Category:

Männer M60

Total time: 49:03

Speed: 12.23 km/h

Running performance: 4:52 min/km

Rank in course/Total: 82 (of 178)

Rank in course/Men: 76 (of 139)

Best time in course: 33:00

Rank in category: 2(of 7)

Best time in the category: 47:32

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	36:26	5:03	2	0:37	71	12:03	7.20	36:26	5:03	2	0:37	73	12:00
Finish	3.00	12:37	4:12	2	0:54	76	4:03	10.10	49:03	4:51	2	1:31	76	16:03