



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Cron, Holger**

Club: SV Normania Treffurt

Number: 2123

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 49:07

Speed: 12.22 km/h

Running performance: 4:52 min/km

Rank in course/Total: 83 (of 178)

Rank in course/Men: 77 (of 139)

Best time in course: 33:00

Rank in category: 12(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	35:45	4:57	10	11:22	65	11:22	7.20	35:45	4:57	9			74	11:19
Finish	3.00	13:22	4:27	16	4:48	100	4:48	10.10	49:07	4:51	12	16:07		77	16:07