



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: 12.34 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.	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