



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen

Number: 2006

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 49:10

Speed: 12.20 km/h

Running performance: 4:52 min/km

Rank in course/Total: 84 (of 178)

Rank in course/Men: 78 (of 139)

Best time in course: 33:00

Rank in category: 14(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	36:39	5:05	14	9:04	75	12:16	7.20	36:39	5:05	10	1:43	75	12:13
Finish	3.00	12:31	4:10	14	2:35	74	3:57	10.10	49:10	4:52	14	11:39	78	16:10