



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Mähler, Ulf

Club: SV Günthersleben

Number: 2182

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 49:21

Speed: 12.16 km/h

Running performance: 4:53 min/km

Rank in course/Total: 86 (of 178)

Rank in course/Men: 79 (of 139)

Best time in course: 33:00

Rank in category: 15(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	36:36	5:04	13	9:01	73	12:13	7.20	36:36	5:04	9	1:40	76	12:10
Finish	3.00	12:45	4:15	15	2:49	85	4:11	10.10	49:21	4:53	15	11:50	79	16:21