



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Hoffmann, Harald

Club: Rodeberg OT Struth

Number: 2015

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 49:25

Speed: 12.14 km/h

Running performance: 4:53 min/km

Rank in course/Total: 87 (of 178)

Rank in course/Men: 80 (of 139)

Best time in course: 33:00

Rank in category: 16(of 23)

Best time in the category: 37:31

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	fehlt!	-	-	-	-	-	7.20	-	-	-	-	-	-
Finish	3.00	49:25	16:28	23	39:29	139	40:51	10.10	49:25	4:53	16	11:54	80	16:25