



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Jesche, Silvo

Club: sc impuls erfurt e.V.

Number: 2049

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 49:40

Speed: 12.08 km/h

Running performance: 4:55 min/km

Rank in course/Total: 88 (of 178)

Rank in course/Men: 81 (of 139)

Best time in course: 33:00

Rank in category: 14(of 25)

Best time in the category: 39:26

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	14	7:09	73	12:13	7.20	36:36	5:04	13	0:21	76	12:10
Finish	3.00	13:04	4:21	18	3:15	95	4:30	10.10	49:40	4:55	14	10:14	81	16:40