



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Koske, Christian**

Club: Niedergrunstedt

Number: 2043

Course: 10.10 km

Geländelauf

Category:

Männer M60

Total time: 49:48

Speed: 12.05 km/h

Running performance: 4:56 min/km

Rank in course/Total: 89 (of 178)

Rank in course/Men: 82 (of 139)

Best time in course: 33:00

Rank in category: 3(of 7)

Best time in the category: 47:32

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.20	36:50	5:06	3	1:01	77	12:27	7.20	36:50	5:06	3	1:01	78	12:24
Finish	3.00	12:58	4:19	4	1:15	93	4:24	10.10	49:48	4:55	3	2:16	82	16:48