



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt e.V.

Number: 2026

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 49:53

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 90 (of 178)

Rank in course/Men: 83 (of 139)

Best time in course: 33:00

Rank in category: 8(of 11)

Best time in the category: 34:13

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	37:13	5:10	8	11:49	80	12:50	7.20	37:13	5:10	8	11:49	79	12:47
Finish	3.00	12:40	4:13	9	3:51	80	4:06	10.10	49:53	4:56	8	15:40	83	16:53