



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wahl, Immo

Club: Sportfreund thüringer wald

Number: 2186

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 50:02

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 92 (of 178)

Rank in course/Men: 84 (of 139)

Best time in course: 33:00

Rank in category: 13(of 19)

Best time in the category: 33:00

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Adolfsburg | 7.20 | 37:23 | 5:11 | 12 | 13:00 | 82 | 13:00 | 7.20 | 37:23 | 5:11 | 7 | 0:26 | 80 | 12:57 |
| Finish | 3.00 | 12:39 | 4:13 | 11 | 4:05 | 79 | 4:05 | 10.10 | 50:02 | 4:57 | 13 | 17:02 | 84 | 17:02 |