



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Föhr, Eckhard

Club: sc impuls erfurt

Number: 2192

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 50:03

Speed: 11.99 km/h

Running performance: 4:58 min/km

Rank in course/Total: 93 (of 178)

Rank in course/Men: 85 (of 139)

Best time in course: 33:00

Rank in category: 9(of 11)

Best time in the category: 41:14

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	37:14	5:10	9	7:15	81	12:51	7.20	37:14	5:10	9	7:15	81	12:48
Finish	3.00	12:49	4:16	9	1:54	88	4:15	10.10	50:03	4:57	9	8:49	85	17:03