



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Denke, Lutz

Club: Erfurt

Number: 2046

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 50:18

Speed: 11.93 km/h

Running performance: 4:59 min/km

Rank in course/Total: 95 (of 178)

Rank in course/Men: 87 (of 139)

Best time in course: 33:00

Rank in category: 15(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	37:44	5:14	15	8:17	84	13:21	7.20	37:44	5:14	12	1:29	83	13:18
Finish	3.00	12:34	4:11	14	2:45	75	4:00	10.10	50:18	4:58	15	10:52	87	17:18