



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 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	37:44	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