



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kurch, Florian

Club: VfL 28 Ellrich

Number: 2054

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 50:27

Speed: 11.89 km/h

Running performance: 5:00 min/km

Rank in course/Total: 97 (of 178)

Rank in course/Men: 88 (of 139)

Best time in course: 33:00

Rank in category: 15(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.20	37:47	5:14	14	13:24	87	13:24	7.20	37:47	5:14	6	0:50	84	13:21
Finish	3.00	12:40	4:13	12	4:06	80	4:06	10.10	50:27	4:59	15	17:27	88	17:27