



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kilb, Udo

Club: sc impuls erfurt e.V.

Number: 2053

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 50:36

Speed: 11.86 km/h

Running performance: 5:01 min/km

Rank in course/Total: 100 (of 178)

Rank in course/Men: 91 (of 139)

Best time in course: 33:00

Rank in category: 16(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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Adolfsburg | 7.20 | 38:09 | 5:17 | 17 | 8:42 | 89 | 13:46 | 7.20 | 38:09 | 5:17 | 11 | 1:54 | 87 | 13:43 |
| Finish | 3.00 | 12:27 | 4:08 | 13 | 2:38 | 72 | 3:53 | 10.10 | 50:36 | 5:00 | 16 | 11:10 | 91 | 17:36 |