



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: 11.98 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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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