



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Jonke, Lutz

Club: ACA

Number: 2011

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 50:40

Speed: 11.84 km/h

Running performance: 5:01 min/km

Rank in course/Total: 101 (of 178)

Rank in course/Men: 92 (of 139)

Best time in course: 33:00

Rank in category: 11(of 14)

Best time in the category: 39:13

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	37:06	5:09	8	8:20	79	12:43	7.20	37:06	5:09	9	8:20	88	12:40
Finish	3.00	13:34	4:31	10	3:35	103	5:00	10.10	50:40	5:00	11	11:27	92	17:40