



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda

Number: 2201

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 50:52

Speed: 11.80 km/h

Running performance: 5:02 min/km

Rank in course/Total: 102 (of 178)

Rank in course/Men: 93 (of 139)

Best time in course: 33:00

Rank in category: 17(of 25)

Best time in the category: 39:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Adolfsburg	7.20	38:04	5:17	16	8:37	88	13:41	7.20	38:04	5:17	10	1:49	89	13:38
Finish	3.00	12:48	4:15	17	2:59	87	4:14	10.10	50:52	5:02	17	11:26	93	17:52