



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Senf, Michael

Club: Creuzburg

Number: 2003

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 51:01

Speed: 11.76 km/h

Running performance: 5:03 min/km

Rank in course/Total: 104 (of 178)

Rank in course/Men: 94 (of 139)

Best time in course: 33:00

Rank in category: 9(of 11)

Best time in the category: 34:13

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	38:35	5:21	9	13:11	93	14:12	7.20	38:35	5:21	9	13:11	90	14:09
Finish	3.00	12:26	4:08	8	3:37	71	3:52	10.10	51:01	5:03	9	16:48	94	18:01