



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Menge, Andreas**

Club: NW Team Luisenthal

Number: 2197

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 51:07

Speed: 11.74 km/h

Running performance: 5:04 min/km

Rank in course/Total: 105 (of 178)

Rank in course/Men: 95 (of 139)

Best time in course: 33:00

Rank in category: 18(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	38:42	5:22	18	9:15	94	14:19	7.20	38:42	5:22	9	2:27	91	14:16
Finish	3.00	12:25	4:08	12	2:36	70	3:51	10.10	51:07	5:03	18	11:41	95	18:07