



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Hermann, Rainer

Club: LV Schwarzatal

Number: 2013

Course: 10.10 km

Geländelauf

Category:

Männer M65

Total time: 51:11

Speed: 11.72 km/h

Running performance: 5:04 min/km

Rank in course/Total: 106 (of 178)

Rank in course/Men: 96 (of 139)

Best time in course: 33:00

Rank in category: 2(of 8)

Best time in the category: 46:44

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	38:18	5:19	2	3:06	91	13:55	7.20	38:18	5:19	2	3:06	92	13:52
Finish	3.00	12:53	4:17	2	1:21	90	4:19	10.10	51:11	5:04	2	4:27	96	18:11