



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Lege, Tobias

Club: Weimar
Number: 2032

Course: 10.10 km
Geländelauf

Category:
Männer M20

Total time: 51:51

Speed: 11.57 km/h
Running performance: 5:08 min/km

Rank in course/Total: 107 (of 178)

Rank in course/Men: 97 (of 139)

Best time in course: 33:00

Rank in category: 16(of 19)

Best time in the category: 33:00

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	38:33	5:21	15	14:10	92	14:10	7.20	38:33	5:21	5	1:36	93	14:07
Finish	3.00	13:18	4:26	15	4:44	98	4:44	10.10	51:51	5:08	16	18:51	97	18:51