



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Hennig, Bernhard

Club: SV Mihla

Number: 2066

Course: 10.10 km

Geländelauf

Category:

Männer M60

Total time: 51:54

Speed: 11.56 km/h

Running performance: 5:08 min/km

Rank in course/Total: 108 (of 178)

Rank in course/Men: 98 (of 139)

Best time in course: 33:00

Rank in category: 4(of 7)

Best time in the category: 47:32

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	39:17	5:27	4	3:28	95	14:54	7.20	39:17	5:27	4	3:28	94	14:51
Finish	3.00	12:37	4:12	2	0:54	76	4:03	10.10	51:54	5:08	4	4:22	98	18:54