



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Schwanz, Rainer

Club: Rot-Weiß Scherbda

Number: 2016

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 52:09

Speed: 11.51 km/h

Running performance: 5:10 min/km

Rank in course/Total: 109 (of 178)

Rank in course/Men: 99 (of 139)

Best time in course: 33:00

Rank in category: 10(of 11)

Best time in the category: 41:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.20	38:17	5:19	10	8:18	90	13:54	7.20	38:17	5:19	10	8:18	95	13:51
Finish	3.00	13:52	4:37	11	2:57	107	5:18	10.10	52:09	5:09	10	10:55	99	19:09