



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wand, Thomas

Club: Eisenach

Number: 2075

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 52:20

Speed: 11.46 km/h

Running performance: 5:11 min/km

Rank in course/Total: 111 (of 178)

Rank in course/Men: 100 (of 139)

Best time in course: 33:00

Rank in category: 12(of 14)

Best time in the category: 39:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	39:37	5:30	10	10:51	98	15:14	7.20	39:37	5:30	10	10:51	96	15:11
Finish	3.00	12:43	4:14	9	2:44	83	4:09	10.10	52:20	5:10	12	13:07	100	19:20