



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Elster, Klaus

Club: BSG LVA Thüringen

Number: 2056

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 52:40

Speed: 11.39 km/h

Running performance: 5:13 min/km

Rank in course/Total: 113 (of 178)

Rank in course/Men: 101 (of 139)

Best time in course: 33:00

Rank in category: 11(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	39:27	5:28	11	9:28	96	15:04	7.20	39:27	5:28	11	9:28	97	15:01
Finish	3.00	13:13	4:24	10	2:18	97	4:39	10.10	52:40	5:12	11	11:26	101	19:40