



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Goldbach, Gunnar

Club: SV Normania

Number: 2165

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 52:59

Speed: 11.32 km/h

Running performance: 5:15 min/km

Rank in course/Total: 115 (of 178)

Rank in course/Men: 102 (of 139)

Best time in course: 33:00

Rank in category: 10(of 11)

Best time in the category: 34:13

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	39:49	5:31	10	14:25	99	15:26	7.20	39:49	5:31	10	14:25	98	15:23
Finish	3.00	13:10	4:23	10	4:21	96	4:36	10.10	52:59	5:14	10	18:46	102	19:59