



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Brandt, Sebastian

Club: Fitnesssoase Ohrdruf

Number: 2109

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 53:12

Speed: 11.28 km/h

Running performance: 5:16 min/km

Rank in course/Total: 116 (of 178)

Rank in course/Men: 103 (of 139)

Best time in course: 33:00

Rank in category: 17(of 19)

Best time in the category: 33:00

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	40:15	5:35	17	15:52	101	15:52	7.20	40:15	5:35	4	3:18	99	15:49
Finish	3.00	12:57	4:18	14	4:23	92	4:23	10.10	53:12	5:16	17	20:12	103	20:12