



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Dienes, Kay

Club: Eisenach

Number: 2087

Course: 10.10 km

Geländelauf

Category:

männliche Jugend A

Total time: 54:03

Speed: 11.10 km/h

Running performance: 5:21 min/km

Rank in course/Total: 121 (of 178)

Rank in course/Men: 104 (of 139)

Best time in course: 33:00

Rank in category: 5(of 5)

Best time in the category: 33:46

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	39:34	5:29	5	14:36	97	15:11	7.20	39:34	5:29	5	14:36	100	15:08
Finish	3.00	14:29	4:49	5	5:41	119	5:55	10.10	54:03	5:21	5	20:17	104	21:03