



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Gille, Rainer

Club: SV Mackenrode

Number: 2134

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 54:09

Speed: 11.08 km/h

Running performance: 5:22 min/km

Rank in course/Total: 122 (of 178)

Rank in course/Men: 105 (of 139)

Best time in course: 33:00

Rank in category: 19(of 25)

Best time in the category: 39:26

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	40:19	5:35	19	10:52	102	15:56	7.20	40:19	5:35	8	4:04	101	15:53
Finish	3.00	13:50	4:36	19	4:01	106	5:16	10.10	54:09	5:21	19	14:43	105	21:09