



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Schlösser, Dominique

Club: Thüringer HC

Number: 2166

Course: 10.10 km

Geländelauf

Category:

Männer M30

Total time: 54:12

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 123 (of 178)

Rank in course/Men: 106 (of 139)

Best time in course: 33:00

Rank in category: 11(of 11)

Best time in the category: 34:13

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	40:31	5:37	11	15:07	103	16:08	7.20	40:31	5:37	11	15:07	102	16:05
Finish	3.00	13:41	4:33	11	4:52	105	5:07	10.10	54:12	5:21	11	19:59	106	21:12