



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Gnass, Christian**

Club: Meinhard-Motzenrode

Number: 2171

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 54:13

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 124 (of 178)

Rank in course/Men: 107 (of 139)

Best time in course: 33:00

Rank in category: 18(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	40:10	5:34	16	15:47	100	15:47	7.20	40:10	5:34	3	3:13	103	15:44
Finish	3.00	14:03	4:41	17	5:29	113	5:29	10.10	54:13	5:22	18	21:13	107	21:13