



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Quast, Holger

Club: Mühlhausen

Number: 2077

Course: 10.10 km

Geländelauf

Category:

Männer M35

Total time: 54:36

Speed: 10.99 km/h

Running performance: 5:25 min/km

Rank in course/Total: 125 (of 178)

Rank in course/Men: 108 (of 139)

Best time in course: 33:00

Rank in category: 13(of 14)

Best time in the category: 39:13

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	40:37	5:38	11	11:51	104	16:14	7.20	40:37	5:38	11	11:51	104	16:11
Finish	3.00	13:59	4:39	11	4:00	112	5:25	10.10	54:36	5:24	13	15:23	108	21:36