



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Grund, Roland

Club: SV Normania Treffurt

Number: 2168

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 54:39

Speed: 10.98 km/h

Running performance: 5:25 min/km

Rank in course/Total: 126 (of 178)

Rank in course/Men: 109 (of 139)

Best time in course: 33:00

Rank in category: 18(of 23)

Best time in the category: 37:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	41:05	5:42	18	13:30	106	16:42	7.20	41:05	5:42	7	6:09	105	16:39
Finish	3.00	13:34	4:31	18	3:38	103	5:00	10.10	54:39	5:24	18	17:08	109	21:39