



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Münch, Günther

Club: sc impuls erfurt e.V.

Number: 2052

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 54:53

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 127 (of 178)

Rank in course/Men: 110 (of 139)

Best time in course: 33:00

Rank in category: 5(of 8)

Best time in the category: 41:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind		
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men	
Adolfsburg	7.20	41:33	5:46	5	10:38	109	17:10	7.20	41:33	5:46	5	10:38	106	17:07
Finish	3.00	13:20	4:26	5	2:26	99	4:46	10.10	54:53	5:26	5	13:04	110	21:53