



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Ewald, Wolfgang

Club: Weimarer Spezialmontagen

Number: 2198

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 55:02

Speed: 10.90 km/h

Running performance: 5:27 min/km

Rank in course/Total: 128 (of 178)

Rank in course/Men: 111 (of 139)

Best time in course: 33:00

Rank in category: 6(of 8)

Best time in the category: 41:49

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	41:34	5:46	6	10:39	110	17:11	7.20	41:34	5:46	6	10:39	107	17:08
Finish	3.00	13:28	4:29	6	2:34	101	4:54	10.10	55:02	5:26	6	13:13	111	22:02