



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wietschorke, Ernst

Club: Mühlhausen

Number: 2199

Course: 10.10 km

Geländelauf

Category:

Männer M65

Total time: 55:08

Speed: 10.88 km/h

Running performance: 5:28 min/km

Rank in course/Total: 129 (of 178)

Rank in course/Men: 112 (of 139)

Best time in course: 33:00

Rank in category: 3(of 8)

Best time in the category: 46:44

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	42:14	5:51	3	7:02	113	17:51	7.20	42:14	5:51	3	7:02	108	17:48
Finish	3.00	12:54	4:17	3	1:22	91	4:20	10.10	55:08	5:27	3	8:24	112	22:08