



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Junghans, Andre

Club: SV Normania Treffurt

Number: 2104

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 55:10

Speed: 10.88 km/h

Running performance: 5:28 min/km

Rank in course/Total: 130 (of 178)

Rank in course/Men: 113 (of 139)

Best time in course: 33:00

Rank in category: 19(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	40:48	5:39	17	13:13	105	16:25	7.20	40:48	5:39	6	5:52	109	16:22
Finish	3.00	14:22	4:47	20	4:26	117	5:48	10.10	55:10	5:27	19	17:39	113	22:10