



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Grebe, Martin

Club: Eisenach

Number: 2101

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 55:11

Speed: 10.87 km/h

Running performance: 5:28 min/km

Rank in course/Total: 131 (of 178)

Rank in course/Men: 114 (of 139)

Best time in course: 33:00

Rank in category: 20(of 25)

Best time in the category: 39:26

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	41:18	5:44	20	11:51	107	16:55	7.20	41:18	5:44	7	5:03	110	16:52
Finish	3.00	13:53	4:37	20	4:04	108	5:19	10.10	55:11	5:27	20	15:45	114	22:11