



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Burkhardt, Rolf

Club: SV Mihla

Number: 2102

Course: 10.10 km

Geländelauf

Category:

Männer M60

Total time: 55:14

Speed: 10.86 km/h

Running performance: 5:28 min/km

Rank in course/Total: 132 (of 178)

Rank in course/Men: 115 (of 139)

Best time in course: 33:00

Rank in category: 5(of 7)

Best time in the category: 47:32

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 Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.20	42:16	5:52	5	6:27	115	17:53	7.20	42:16	5:52	5	6:27	111	17:50
Finish	3.00	12:58	4:19	4	1:15	93	4:24	10.10	55:14	5:28	5	7:42	115	22:14