



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Helle, Frank

Club: Goldbach

Number: 2194

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 55:17

Speed: 10.85 km/h

Running performance: 5:28 min/km

Rank in course/Total: 133 (of 178)

Rank in course/Men: 116 (of 139)

Best time in course: 33:00

Rank in category: 21(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	41:19	5:44	21	11:52	108	16:56	7.20	41:19	5:44	6	5:04	112	16:53
Finish	3.00	13:58	4:39	21	4:09	110	5:24	10.10	55:17	5:28	21	15:51	116	22:17