



## 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

### Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 2023

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 55:35

Speed: 10.79 km/h

Running performance: 5:30 min/km

Rank in course/Total: 135 (of 178)

Rank in course/Men: 117 (of 139)

Best time in course: 33:00

Rank in category: 20(of 23)

Best time in the category: 37:31

### 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	42:02	5:50	20	14:27	112	17:39	7.20	42:02	5:50	5	7:06	113	17:36
Finish	3.00	13:33	4:30	17	3:37	102	4:59	10.10	55:35	5:30	20	18:04	117	22:35