



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Bechstein, Michael

Club: TABBS Vital

Number: 2042

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 55:37

Speed: 10.79 km/h

Running performance: 5:31 min/km

Rank in course/Total: 136 (of 178)

Rank in course/Men: 118 (of 139)

Best time in course: 33:00

Rank in category: 21(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	41:43	5:47	19	14:08	111	17:20	7.20	41:43	5:47	4	6:47	114	17:17
Finish	3.00	13:54	4:38	19	3:58	109	5:20	10.10	55:37	5:30	21	18:06	118	22:37