



# 6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

## Detailed evaluation

**Dünkel, Uwe**

Club: Rudolstädter Tunnelteam

Number: 2132

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 56:48

Speed: 10.56 km/h

Running performance: 5:37 min/km

Rank in course/Total: 140 (of 178)

Rank in course/Men: 119 (of 139)

Best time in course: 33:00

Rank in category: 22(of 25)

Best time in the category: 39:26

### 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	42:14	5:51	22	12:47	113	17:51	7.20	42:14	5:51	5	5:59	108	17:48
Finish	3.00	14:34	4:51	23	4:45	121	6:00	10.10	56:48	5:37	22	17:22	119	23:48