



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Goetz, Helmut

Club: sc impuls erfurt e.V.

Number: 2047

Course: 10.10 km

Geländelauf

Category:

Männer M65

Total time: 57:10

Speed: 10.50 km/h

Running performance: 5:40 min/km

Rank in course/Total: 142 (of 178)

Rank in course/Men: 120 (of 139)

Best time in course: 33:00

Rank in category: 4(of 8)

Best time in the category: 46:44

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	43:04	5:58	4	7:52	119	18:41	7.20	43:04	5:58	4	7:52	116	18:38
Finish	3.00	14:06	4:42	4	2:34	114	5:32	10.10	57:10	5:39	4	10:26	120	24:10