



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Goldhan, Thomas

Club: Tabarts

Number: 2200

Course: 10.10 km

Geländelauf

Category:

Männer M70

Total time: 57:11

Speed: 10.49 km/h

Running performance: 5:40 min/km

Rank in course/Total: 143 (of 178)

Rank in course/Men: 121 (of 139)

Best time in course: 33:00

Rank in category: 2(of 3)

Best time in the category: 45:07

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	42:40	5:55	2	9:16	117	18:17	7.20	42:40	5:55	2	9:16	117	18:14
Finish	3.00	14:31	4:50	3	2:48	120	5:57	10.10	57:11	5:39	2	12:04	121	24:11