



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Blumöhr, Reiner

Club: Thüringia Königsee

Number: 2044

Course: 10.10 km

Geländelauf

Category:

Männer M70

Total time: 57:12

Speed: 10.49 km/h

Running performance: 5:40 min/km

Rank in course/Total: 144 (of 178)

Rank in course/Men: 122 (of 139)

Best time in course: 33:00

Rank in category: 3(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	43:14	6:00	3	9:50	121	18:51	7.20	43:14	6:00	3	9:50	118	18:48
Finish	3.00	13:58	4:39	2	2:15	110	5:24	10.10	57:12	5:39	3	12:05	122	24:12