



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza

Number: 2058

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 57:31

Speed: 10.43 km/h

Running performance: 5:41 min/km

Rank in course/Total: 147 (of 178)

Rank in course/Men: 124 (of 139)

Best time in course: 33:00

Rank in category: 23(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.20	43:10	5:59	23	13:43	120	18:47	7.20	43:10	5:59	4	6:55	120	18:44
Finish	3.00	14:21	4:46	22	4:32	116	5:47	10.10	57:31	5:41	23	18:05	124	24:31