



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Hässler, Alexander

Club: SV Normania Treffurt

Number: 2153

Course: 10.10 km

Geländelauf

Category:

Männer M40

Total time: 58:12

Speed: 10.31 km/h

Running performance: 5:46 min/km

Rank in course/Total: 149 (of 178)

Rank in course/Men: 125 (of 139)

Best time in course: 33:00

Rank in category: 23(of 23)

Best time in the category: 37:31

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	42:36	5:55	21	15:01	116	18:13	7.20	42:36	5:55	2	7:40	121	18:10
Finish	3.00	15:36	5:12	22	5:40	129	7:02	10.10	58:12	5:45	23	20:41	125	25:12