



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Metz, Egon

Club: Spargelläufer Herbsleben

Number: 2028

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 58:15

Speed: 10.30 km/h

Running performance: 5:46 min/km

Rank in course/Total: 150 (of 178)

Rank in course/Men: 126 (of 139)

Best time in course: 33:00

Rank in category: 7(of 8)

Best time in the category: 41:49

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 | 43:28 | 6:02 | 7 | 12:33 | 122 | 19:05 | 7.20 | 43:28 | 6:02 | 7 | 12:33 | 122 | 19:02 |
| Finish | 3.00 | 14:47 | 4:55 | 7 | 3:53 | 122 | 6:13 | 10.10 | 58:15 | 5:46 | 7 | 16:26 | 126 | 25:15 |