



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	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	43:28	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