



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Horn, Sebastian

Club: AC Apolda

Number: 2010

Course: 10.10 km

Geländelauf

Category:

Männer M20

Total time: 59:08

Speed: 10.15 km/h

Running performance: 5:51 min/km

Rank in course/Total: 153 (of 178)

Rank in course/Men: 127 (of 139)

Best time in course: 33:00

Rank in category: 19(of 19)

Best time in the category: 33:00

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	43:33	6:02	18	19:10	123	19:10	7.20	43:33	6:02	2	6:36	123	19:07
Finish	3.00	15:35	5:11	18	7:01	128	7:01	10.10	59:08	5:51	19	26:08	127	26:08