



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Rödel, Jörg

Club: SV Mihla

Number: 2113

Course: 10.10 km

Geländelauf

Category:

Männer M65

Total time: 59:55

Speed: 10.01 km/h

Running performance: 5:56 min/km

Rank in course/Total: 155 (of 178)

Rank in course/Men: 128 (of 139)

Best time in course: 33:00

Rank in category: 5(of 8)

Best time in the category: 46:44

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	44:59	6:14	5	9:47	125	20:36	7.20	44:59	6:14	5	9:47	124	20:33
Finish	3.00	14:56	4:58	5	3:24	124	6:22	10.10	59:55	5:55	5	13:11	128	26:55