



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Heise, Reiner

Club: sc impuls erfurt e.V.

Number: 2070

Course: 10.10 km

Geländelauf

Category:

Männer M60

Total time: 1:00:01

Speed: 10.00 km/h

Running performance: 5:56 min/km

Rank in course/Total: 156 (of 178)

Rank in course/Men: 129 (of 139)

Best time in course: 33:00

Rank in category: 6(of 7)

Best time in the category: 47:32

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	45:50	6:21	6	10:01	128	21:27	7.20	45:50	6:21	6	10:01	125	21:24
Finish	3.00	14:11	4:43	6	2:28	115	5:37	10.10	1:00:01	5:56	6	12:29	129	27:01