



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla

Number: 2137

Course: 10.10 km

Geländelauf

Category:

Männer M55

Total time: 1:00:15

Speed: 9.96 km/h

Running performance: 5:58 min/km

Rank in course/Total: 157 (of 178)

Rank in course/Men: 130 (of 139)

Best time in course: 33:00

Rank in category: 8(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	45:27	6:18	8	14:32	126	21:04	7.20	45:27	6:18	8	14:32	126	21:01
Finish	3.00	14:48	4:56	8	3:54	123	6:14	10.10	1:00:15	5:57	8	18:26	130	27:15