



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Trunk, Rüdiger

Club: Eisenach

Number: 2069

Course: 10.10 km

Geländelauf

Category:

Männer M65

Total time: 1:00:52

Speed: 9.96 km/h

Running performance: 6:02 min/km

Rank in course/Total: 158 (of 178)

Rank in course/Men: 131 (of 139)

Best time in course: 33:00

Rank in category: 6(of 8)

Best time in the category: 46:44

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	45:47	6:21	6	10:35	127	21:24	7.20	45:47	6:21	6	10:35	127	21:21
Finish	3.00	15:05	5:01	6	3:33	126	6:31	10.10	1:00:52	6:01	6	14:08	131	27:52