



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Poller, Peter

Club: Laufftreff Breitunggen

Number: 2179

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 1:01:08

Speed: 9.81 km/h

Running performance: 6:03 min/km

Rank in course/Total: 160 (of 178)

Rank in course/Men: 132 (of 139)

Best time in course: 33:00

Rank in category: 24(of 25)

Best time in the category: 39:26

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 | 43:54 | 6:05 | 24 | 14:27 | 124 | 19:31 | 7.20 | 43:54 | 6:05 | 3 | 7:39 | 128 | 19:28 |
| Finish | 3.00 | 17:14 | 5:44 | 25 | 7:25 | 131 | 8:40 | 10.10 | 1:01:08 | 6:03 | 24 | 21:42 | 132 | 28:08 |