



## 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: 9.91 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