



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Fehr, Uwe

Club: SV Normania

Number: 2155

Course: 10.10 km

Geländelauf

Category:

Männer M45

Total time: 1:01:40

Speed: 9.73 km/h

Running performance: 6:07 min/km

Rank in course/Total: 163 (of 178)

Rank in course/Men: 134 (of 139)

Best time in course: 33:00

Rank in category: 25(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	46:25	6:26	25	16:58	130	22:02	7.20	46:25	6:26	2	10:10	130	21:59
Finish	3.00	15:15	5:04	24	5:26	127	6:41	10.10	1:01:40	6:06	25	22:14	134	28:40