



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Pidde, Waldemar

Club: LG Ohra Hörselgas

Number: 2027

Course: 10.10 km

Geländelauf

Category:

Männer M75

Total time: 1:05:33

Speed: 9.15 km/h

Running performance: 6:29 min/km

Rank in course/Total: 170 (of 178)

Rank in course/Men: 136 (of 139)

Best time in course: 33:00

Rank in category: 1(of 2)

Best time in the category: 1:05:33

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	48:11	6:41	1	-	133	23:48	7.20	48:11	6:41	1	-	132	23:45
Finish	3.00	17:22	5:47	1	-	132	8:48	10.10	1:05:33	6:29	1	-	136	32:33