



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

**Bang, Thomas**

Club: Federn-Oßwald  
Number: 1895

Course: 5.50 km  
Geländelauf

Category:  
Männer M20

Total time: 19:33

Speed: 15.35 km/h  
Running performance: 3:33 min/km

Rank in course/Total: 1 (of 78)

Rank in course/Men: 1 (of 45)

Best time in course: 19:33

Rank in category: 1(of 9)

Best time in the category: 19:33