



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Görlach, Folker

Club: Hainichläufer

Number: 2196

Course: 10.10 km

Geländelauf

Category:

Männer M65

Total time: 1:08:34

Speed: 8.84 km/h

Running performance: 6:47 min/km

Rank in course/Total: 175 (of 178)

Rank in course/Men: 138 (of 139)

Best time in course: 33:00

Rank in category: 8(of 8)

Best time in the category: 46:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.20	50:55	7:04	8	15:43	134	26:32	7.20	50:55	7:04	8	15:43	134	26:29
Finish	3.00	17:39	5:52	8	6:07	133	9:05	10.10	1:08:34	6:47	8	21:50	138	35:34