



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

**Sieland, Eike**

Club: Treffurt  
Number: 1859

Course: 5.50 km  
Geländelauf

Category:  
Männer M20

Total time: 27:40

Speed: 10.84 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 21 (of 78)

Rank in course/Men: 15 (of 45)

Best time in course: 19:33

Rank in category: 5(of 9)

Best time in the category: 19:33