



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

Rödiger, Andreas

Club: Creuzburg  
Number: 1817

Course: 5.50 km  
Geländelauf

Category:  
Männer M45

Total time: 30:42

Speed: 9.77 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 35 (of 78)

Rank in course/Men: 21 (of 45)

Best time in course: 19:33

Rank in category: 1(of 2)

Best time in the category: 30:42