



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

Liedtke, Thomas

Club: Treffurt  
Number: 1860

Course: 5.50 km  
Geländelauf

Category:  
Männer M20

Total time: 31:32

Speed: 9.51 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 40 (of 78)

Rank in course/Men: 26 (of 45)

Best time in course: 19:33

Rank in category: 6(of 9)

Best time in the category: 19:33