



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Meingast, Roy

Club: SC Steinbach-Hallenberg

Number: 1601

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 34:20

Speed: 18.52 km/h

Running performance: 3:14 min/km

Rank in course/Total: 1 (of 171)

Rank in course/Men: 1 (of 140)

Best time in course: 34:20

Rank in category: 1(of 19)

Best time in the category: 34:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Adolfsburg	7.60	25:32	3:21	1	-	1	-	7.60	25:32	3:21	11		1	-
Finish	3.00	8:48	2:56	1	-	1	-	10.60	34:20	3:14	1	-	1	-