



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Filbrich, Jens

Club: Eintracht Frankenhausen

Number: 1600

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 35:20

Speed: 16.98 km/h

Running performance: 3:20 min/km

Rank in course/Total: 3 (of 171)

Rank in course/Men: 3 (of 140)

Best time in course: 34:20

Rank in category: 3(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	26:25	3:28	3	0:53	3	0:53	7.60	26:25	3:28	18		3	0:53
Finish	3.00	8:55	2:58	2	0:07	3	0:07	10.60	35:20	3:20	3	1:00	3	1:00