



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Bing, Thomas

Club: Rhöner WSV

Number: 1605

Course: 10.60 km

Geländelauf

Category:

männliche Jugend A

Total time: 36:16

Speed: 17.54 km/h

Running performance: 3:25 min/km

Rank in course/Total: 7 (of 171)

Rank in course/Men: 7 (of 140)

Best time in course: 34:20

Rank in category: 2(of 6)

Best time in the category: 35:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	27:09	3:34	2	0:36	7	1:37	7.60	27:09	3:34	2	0:36	6	1:37
Finish	3.00	9:07	3:02	1	-	7	0:19	10.60	36:16	3:25	2	0:20	7	1:56