



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Hönig, Chris

Club: WSV-Oberhof

Number: 1603

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 38:18

Speed: 15.67 km/h

Running performance: 3:37 min/km

Rank in course/Total: 10 (of 171)

Rank in course/Men: 10 (of 140)

Best time in course: 34:20

Rank in category: 5(of 19)

Best time in the category: 34:20

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	29:19	3:51	5	3:47	10	3:47	7.60	29:19	3:51	16		10	3:47
Finish	3.00	8:59	2:59	4	0:11	5	0:11	10.60	38:18	3:36	5	3:58	10	3:58