



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Hausmann, Frank

Club: MSTCGEMBDEN Tal

Number: 1806

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 39:16

Speed: 15.28 km/h

Running performance: 3:42 min/km

Rank in course/Total: 11 (of 171)

Rank in course/Men: 11 (of 140)

Best time in course: 34:20

Rank in category: 1(of 9)

Best time in the category: 39:16

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	29:48	3:55	1	-	11	4:16	7.60	29:48	3:55	1	-	11	4:16
Finish	3.00	9:28	3:09	1	-	10	0:40	10.60	39:16	3:42	1	-	11	4:56