



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Löppen, Reinhard

Club: SV Emsetal

Number: 1798

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 39:49

Speed: 15.97 km/h

Running performance: 3:46 min/km

Rank in course/Total: 12 (of 171)

Rank in course/Men: 12 (of 140)

Best time in course: 34:20

Rank in category: 1(of 20)

Best time in the category: 39:49

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	30:21	3:59	1	-	14	4:49	7.60	30:21	3:59	11		12	4:49
Finish	3.00	9:28	3:09	1	-	10	0:40	10.60	39:49	3:45	1	-	12	5:29