



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Sauerbrei, Rainer

Club: Eisenach
Number: 1727

Course: 10.60 km
Geländelauf

Category:
Männer M35

Total time: 40:14

Speed: 14.91 km/h
Running performance: 3:48 min/km

Rank in course/Total: 14 (of 171)

Rank in course/Men: 14 (of 140)

Best time in course: 34:20

Rank in category: 2(of 21)

Best time in the category: 40:08

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	30:23	3:59	2	0:05	15	4:51	7.60	30:23	3:59	21		14	4:51
Finish	3.00	9:51	3:16	2	0:01	14	1:03	10.60	40:14	3:47	2	0:06	14	5:54