



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: 15.81 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
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			