



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Prenzel, Dieter

Club: VFL 28 Ellrich

Number: 1795

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 40:29

Speed: 14.82 km/h

Running performance: 3:49 min/km

Rank in course/Total: 15 (of 171)

Rank in course/Men: 15 (of 140)

Best time in course: 34:20

Rank in category: 1(of 19)

Best time in the category: 40:29

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	30:15	3:58	1	-	12	4:43	7.60	30:15	3:58	11	-	15	4:43
Finish	3.00	10:14	3:24	2	0:03	19	1:26	10.60	40:29	3:49	1	-	15	6:09