



5. Trefffurter Stadtlauf
Treffurt / 13.09.2008

Detailed evaluation

Thorhauer, Bernd

Club: SV 'Glückauf' Sondershausen
Number: 1791

Course: 10.60 km
Geländelauf

Category:
Männer M45

Total time: 40:40

Speed: 15.64 km/h
Running performance: 3:50 min/km

Rank in course/Total: 16 (of 171)

Rank in course/Men: 16 (of 140)

Best time in course: 34:20

Rank in category: 2(of 20)

Best time in the category: 39:49

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	30:35	4:01	2	0:14	20	5:03	7.60	30:35	4:01	20		16	5:03
Finish	3.00	10:05	3:21	2	0:37	15	1:17	10.60	40:40	3:50	2	0:51	16	6:20