



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Knedel, Dirk

Club: LV Limbach 2000

Number: 1759

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 40:55

Speed: 15.54 km/h

Running performance: 3:52 min/km

Rank in course/Total: 18 (of 171)

Rank in course/Men: 18 (of 140)

Best time in course: 34:20

Rank in category: 3(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.	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	30:30	4:00	3	0:12	16	4:58	7.60	30:30	4:00	20			18	4:58
Finish	3.00	10:25	3:28	3	0:35	20	1:37	10.60	40:55	3:51	3	0:47		18	6:35