



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Reinz, Michael

Club: Normania Treffurt e.V.
Number: 1627

Course: 10.60 km
Geländelauf

Category:
Männer M35

Total time: 40:58

Speed: 14.65 km/h
Running performance: 3:52 min/km

Rank in course/Total: 19 (of 171)

Rank in course/Men: 19 (of 140)

Best time in course: 34:20

Rank in category: 4(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	30:33	4:01	4	0:15	18	5:01	7.60	30:33	4:01	19		19	5:01
Finish	3.00	10:25	3:28	3	0:35	20	1:37	10.60	40:58	3:51	4	0:50	19	6:38