



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt

Number: 1656

Course: 10.60 km

Geländelauf

Category:

Männer M50

Total time: 41:14

Speed: 15.42 km/h

Running performance: 3:53 min/km

Rank in course/Total: 20 (of 171)

Rank in course/Men: 20 (of 140)

Best time in course: 34:20

Rank in category: 1(of 7)

Best time in the category: 41:14

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	30:30	4:00	1	-	16	4:58	7.60	30:30	4:00	1	-	18	4:58
Finish	3.00	10:44	3:34	1	-	30	1:56	10.60	41:14	3:53	1	-	20	6:54