



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Krieger, Andreas

Club: Weimar

Number: 1636

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 41:15

Speed: 14.55 km/h

Running performance: 3:53 min/km

Rank in course/Total: 21 (of 171)

Rank in course/Men: 21 (of 140)

Best time in course: 34:20

Rank in category: 2(of 19)

Best time in the category: 40:29

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	30:34	4:01	2	0:19	19	5:02	7.60	30:34	4:01	19		21	5:02
Finish	3.00	10:41	3:33	4	0:30	27	1:53	10.60	41:15	3:53	2	0:46	21	6:55