



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Gauditz, Christian

Club: SV Normania Treffurt e.V.

Number: 1618

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 41:17

Speed: 15.41 km/h

Running performance: 3:53 min/km

Rank in course/Total: 22 (of 171)

Rank in course/Men: 22 (of 140)

Best time in course: 34:20

Rank in category: 2(of 9)

Best time in the category: 39:16

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	30:50	4:03	2	1:02	23	5:18	7.60	30:50	4:03	2	1:02	22	5:18
Finish	3.00	10:27	3:28	2	0:59	22	1:39	10.60	41:17	3:53	2	2:01	22	6:57