



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Rippel, Markus

Club: SV Normania Treffurt e.V.

Number: 1616

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 41:28

Speed: 15.34 km/h

Running performance: 3:55 min/km

Rank in course/Total: 23 (of 171)

Rank in course/Men: 23 (of 140)

Best time in course: 34:20

Rank in category: 6(of 19)

Best time in the category: 34:20

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	30:35	4:01	6	5:03	20	5:03	7.60	30:35	4:01	15		16	5:03
Finish	3.00	10:53	3:37	8	2:05	35	2:05	10.60	41:28	3:54	6	7:08	23	7:08