



# 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

## Detailed evaluation

**Jaeger, Frank**

Club: SV Sömmerda e.V.

Number: 1641

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 41:44

Speed: 14.38 km/h

Running performance: 3:56 min/km

Rank in course/Total: 24 (of 171)

Rank in course/Men: 24 (of 140)

Best time in course: 34:20

Rank in category: 3(of 19)

Best time in the category: 40:29

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	31:33	4:09	4	1:18	28	6:01	7.60	31:33	4:09	18		24	6:01
Finish	3.00	10:11	3:23	1	-	18	1:23	10.60	41:44	3:56	3	1:15	24	7:24