



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: 15.24 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	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	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