



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Wernecke, Ernst

Club: VFL 28 Ellrich

Number: 1664

Course: 10.60 km

Geländelauf

Category:

Männer M55

Total time: 42:09

Speed: 15.09 km/h

Running performance: 3:59 min/km

Rank in course/Total: 28 (of 171)

Rank in course/Men: 28 (of 140)

Best time in course: 34:20

Rank in category: 1(of 14)

Best time in the category: 42:09

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	31:20	4:07	1	-	25	5:48	7.60	31:20	4:07	1	-	25	5:48
Finish	3.00	10:49	3:36	1	-	32	2:01	10.60	42:09	3:58	1	-	28	7:49