



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Montag, Tino

Club: SV Normania Treffurt e.V.

Number: 1614

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 42:26

Speed: 14.99 km/h

Running performance: 4:00 min/km

Rank in course/Total: 29 (of 171)

Rank in course/Men: 29 (of 140)

Best time in course: 34:20

Rank in category: 7(of 19)

Best time in the category: 34:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.60	31:35	4:09	7	6:03	29	6:03	7.60	31:35	4:09	14		29	6:03
Finish	3.00	10:51	3:37	7	2:03	34	2:03	10.60	42:26	4:00	7	8:06	29	8:06