



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Montag, Holger

Club: SV Normania Treffurt e.V.

Number: 1628

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 42:51

Speed: 14.84 km/h

Running performance: 4:02 min/km

Rank in course/Total: 31 (of 171)

Rank in course/Men: 31 (of 140)

Best time in course: 34:20

Rank in category: 6(of 21)

Best time in the category: 40:08

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	32:09	4:13	6	1:51	32	6:37	7.60	32:09	4:13	17		30	6:37
Finish	3.00	10:42	3:33	8	0:52	28	1:54	10.60	42:51	4:02	6	2:43	31	8:31