



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Grimm, Daniel

Club: SV Normania Treffurt e.V.

Number: 1777

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 42:52

Speed: 14.84 km/h

Running performance: 4:02 min/km

Rank in course/Total: 32 (of 171)

Rank in course/Men: 32 (of 140)

Best time in course: 34:20

Rank in category: 8(of 19)

Best time in the category: 34:20

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	32:07	4:13	8	6:35	31	6:35	7.60	32:07	4:13	13		31	6:35
Finish	3.00	10:45	3:35	6	1:57	31	1:57	10.60	42:52	4:02	8	8:32	32	8:32