



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Pohl, Tizian

Club: SV Normania Treffurt e.V.

Number: 1679

Course: 10.60 km

Geländelauf

Category:

männliche Jugend B

Total time: 43:04

Speed: 13.93 km/h

Running performance: 4:04 min/km

Rank in course/Total: 33 (of 171)

Rank in course/Men: 33 (of 140)

Best time in course: 34:20

Rank in category: 4(of 8)

Best time in the category: 35:56

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 | 32:10 | 4:13 | 4 | 5:12 | 33 | 6:38 | 7.60 | 32:10 | 4:13 | 4 | 5:08 | 32 | 6:38 |
| Finish | 3.00 | 10:54 | 3:38 | 5 | 2:00 | 36 | 2:06 | 10.60 | 43:04 | 4:03 | 4 | 7:08 | 33 | 8:44 |