



# 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

## Detailed evaluation

### Montag, Andreas

Club: SV Normania Treffurt e.V.

Number: 1651

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 43:11

Speed: 13.89 km/h

Running performance: 4:04 min/km

Rank in course/Total: 34 (of 171)

Rank in course/Men: 34 (of 140)

Best time in course: 34:20

Rank in category: 3(of 20)

Best time in the category: 39:49

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	32:29	4:16	3	2:08	35	6:57	7.60	32:29	4:16	19		33	6:57
Finish	3.00	10:42	3:33	3	1:14	28	1:54	10.60	43:11	4:04	3	3:22	34	8:51