



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: 14.73 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	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	32:29	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