



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Trogisch, Volker

Club: VFL 28 Ellrich

Number: 1736

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 43:23

Speed: 14.66 km/h

Running performance: 4:05 min/km

Rank in course/Total: 35 (of 171)

Rank in course/Men: 35 (of 140)

Best time in course: 34:20

Rank in category: 5(of 19)

Best time in the category: 40:29

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	31:49	4:11	5	1:34	30	6:17	7.60	31:49	4:11	16		34	6:17
Finish	3.00	11:34	3:51	11	1:23	53	2:46	10.60	43:23	4:05	5	2:54	35	9:03