



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Hempel, Florian

Club: VFL 28 Ellrich

Number: 1681

Course: 10.60 km

Geländelauf

Category:

männliche Jugend B

Total time: 43:29

Speed: 13.80 km/h

Running performance: 4:06 min/km

Rank in course/Total: 36 (of 171)

Rank in course/Men: 36 (of 140)

Best time in course: 34:20

Rank in category: 5(of 8)

Best time in the category: 35:56

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	33:19	4:23	6	6:21	42	7:47	7.60	33:19	4:23	5	6:17	35	7:47
Finish	3.00	10:10	3:23	4	1:16	17	1:22	10.60	43:29	4:06	5	7:33	36	9:09