



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Gloger, Andreas

Club: VfL 28 Ellrich

Number: 1612

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 43:31

Speed: 14.62 km/h

Running performance: 4:07 min/km

Rank in course/Total: 37 (of 171)

Rank in course/Men: 37 (of 140)

Best time in course: 34:20

Rank in category: 6(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	32:24	4:15	6	2:09	34	6:52	7.60	32:24	4:15	15		36	6:52
Finish	3.00	11:07	3:42	7	0:56	39	2:19	10.60	43:31	4:06	6	3:02	37	9:11