



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Noll, Jonas

Club: Normania Treffurt e.V.

Number: 1642

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 43:40

Speed: 13.74 km/h

Running performance: 4:07 min/km

Rank in course/Total: 38 (of 171)

Rank in course/Men: 38 (of 140)

Best time in course: 34:20

Rank in category: 7(of 19)

Best time in the category: 40:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.60	32:51	4:19	9	2:36	38	7:19	7.60	32:51	4:19	14		37	7:19
Finish	3.00	10:49	3:36	5	0:38	32	2:01	10.60	43:40	4:07	7	3:11	38	9:20