



# 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: 14.56 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	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	32:51	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