



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Pelzel, Mario

Club: VFL 28 Ellrich

Number: 1637

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 43:42

Speed: 13.73 km/h

Running performance: 4:07 min/km

Rank in course/Total: 39 (of 171)

Rank in course/Men: 39 (of 140)

Best time in course: 34:20

Rank in category: 8(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	32:46	4:18	8	2:31	37	7:14	7.60	32:46	4:18	13		38	7:14
Finish	3.00	10:56	3:38	6	0:45	37	2:08	10.60	43:42	4:07	8	3:13	39	9:22