



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Grimm, Holger

Club: SV Normania Treffurt e.V.

Number: 1644

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 43:44

Speed: 14.54 km/h

Running performance: 4:08 min/km

Rank in course/Total: 40 (of 171)

Rank in course/Men: 40 (of 140)

Best time in course: 34:20

Rank in category: 9(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	32:36	4:17	7	2:21	36	7:04	7.60	32:36	4:17	12		39	7:04
Finish	3.00	11:08	3:42	8	0:57	40	2:20	10.60	43:44	4:07	9	3:15	40	9:24