



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Schönborn, Frank

Club: Lauffreunde Gotha

Number: 1730

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 44:06

Speed: 14.42 km/h

Running performance: 4:10 min/km

Rank in course/Total: 41 (of 171)

Rank in course/Men: 41 (of 140)

Best time in course: 34:20

Rank in category: 7(of 21)

Best time in the category: 40:08

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	33:30	4:24	8	3:12	43	7:58	7.60	33:30	4:24	16		40	7:58
Finish	3.00	10:36	3:31	6	0:46	25	1:48	10.60	44:06	4:09	7	3:58	41	9:46