



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Löber, Heiko

Club: Stregda

Number: 1623

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 44:23

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 43 (of 171)

Rank in course/Men: 43 (of 140)

Best time in course: 34:20

Rank in category: 8(of 21)

Best time in the category: 40:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	33:13	4:22	7	2:55	41	7:41	7.60	33:13	4:22	15		42	7:41
Finish	3.00	11:10	3:43	9	1:20	41	2:22	10.60	44:23	4:11	8	4:15	43	10:03