



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Held, Matthias

Club: sc impuls erfurt
Number: 1624

Course: 10.60 km
Geländelauf

Category:
Männer M35

Total time: 44:25

Speed: 13.51 km/h
Running performance: 4:11 min/km

Rank in course/Total: 44 (of 171)

Rank in course/Men: 44 (of 140)

Best time in course: 34:20

Rank in category: 9(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	33:46	4:26	10	3:28	46	8:14	7.60	33:46	4:26	14		43	8:14
Finish	3.00	10:39	3:33	7	0:49	26	1:51	10.60	44:25	4:11	9	4:17	44	10:05