



# 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: 14.32 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind 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