



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Fischer, Wieland

Club: Erfurt

Number: 1803

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 44:55

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 45 (of 171)

Rank in course/Men: 45 (of 140)

Best time in course: 34:20

Rank in category: 4(of 20)

Best time in the category: 39:49

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	32:59	4:20	4	2:38	40	7:27	7.60	32:59	4:20	18		44	7:27
Finish	3.00	11:56	3:58	9	2:28	68	3:08	10.60	44:55	4:14	4	5:06	45	10:35