



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Schuchardt, Gerhard

Club: SV Normania Treffurt e.V.

Number: 1731

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 45:05

Speed: 14.11 km/h

Running performance: 4:15 min/km

Rank in course/Total: 47 (of 171)

Rank in course/Men: 47 (of 140)

Best time in course: 34:20

Rank in category: 4(of 9)

Best time in the category: 39:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	33:36	4:25	4	3:48	44	8:04	7.60	33:36	4:25	4	3:48	45	8:04
Finish	3.00	11:29	3:49	4	2:01	48	2:41	10.60	45:05	4:15	4	5:49	47	10:45