



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Wenzel, Frank

Club: SV Eintracht Haina

Number: 1804

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 45:17

Speed: 14.04 km/h

Running performance: 4:16 min/km

Rank in course/Total: 48 (of 171)

Rank in course/Men: 48 (of 140)

Best time in course: 34:20

Rank in category: 5(of 20)

Best time in the category: 39:49

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	33:59	4:28	5	3:38	48	8:27	7.60	33:59	4:28	17		47	8:27
Finish	3.00	11:18	3:46	4	1:50	43	2:30	10.60	45:17	4:16	5	5:28	48	10:57