



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Wahl, Immo

Club: Sportfreund thüringer wald

Number: 1799

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 45:18

Speed: 13.25 km/h

Running performance: 4:16 min/km

Rank in course/Total: 49 (of 171)

Rank in course/Men: 49 (of 140)

Best time in course: 34:20

Rank in category: 9(of 19)

Best time in the category: 34:20

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	33:57	4:28	9	8:25	47	8:25	7.60	33:57	4:28	12		48	8:25
Finish	3.00	11:21	3:46	9	2:33	46	2:33	10.60	45:18	4:16	9	10:58	49	10:58