



## 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

### Detailed evaluation

**Montag, Nico**

Club: SV Normania Treffurt e.V.

Number: 1615

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 45:41

Speed: 13.13 km/h

Running performance: 4:19 min/km

Rank in course/Total: 50 (of 171)

Rank in course/Men: 50 (of 140)

Best time in course: 34:20

Rank in category: 10(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	34:08	4:29	10	8:36	50	8:36	7.60	34:08	4:29	1	-	49	8:36
Finish	3.00	11:33	3:51	10	2:45	51	2:45	10.60	45:41	4:18	10	11:21	50	11:21