



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Schröder, Karl-Peter

Club: TSV Waldkappel

Number: 1779

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 45:49

Speed: 13.10 km/h

Running performance: 4:19 min/km

Rank in course/Total: 51 (of 171)

Rank in course/Men: 51 (of 140)

Best time in course: 34:20

Rank in category: 6(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.60	34:04	4:28	6	3:43	49	8:32	7.60	34:04	4:28	16		50	8:32
Finish	3.00	11:45	3:54	7	2:17	57	2:57	10.60	45:49	4:19	6	6:00	51	11:29