



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kurtz, Ralf

Club: Erfurt

Number: 1744

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 45:54

Speed: 13.07 km/h

Running performance: 4:20 min/km

Rank in course/Total: 52 (of 171)

Rank in course/Men: 52 (of 140)

Best time in course: 34:20

Rank in category: 10(of 19)

Best time in the category: 40:29

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 | 34:34 | 4:32 | 10 | 4:19 | 54 | 9:02 | 7.60 | 34:34 | 4:32 | 1 | - | 51 | 9:02 |
| Finish | 3.00 | 11:20 | 3:46 | 9 | 1:09 | 44 | 2:32 | 10.60 | 45:54 | 4:19 | 10 | 5:25 | 52 | 11:34 |