



## 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

### Detailed evaluation

**Mierke, Stephan**

Club: WSV Beverungen

Number: 1631

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 46:03

Speed: 13.03 km/h

Running performance: 4:20 min/km

Rank in course/Total: 53 (of 171)

Rank in course/Men: 53 (of 140)

Best time in course: 34:20

Rank in category: 11(of 21)

Best time in the category: 40:08

### 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	34:15	4:30	12	3:57	52	8:43	7.60	34:15	4:30	1	-	52	8:43
Finish	3.00	11:48	3:56	12	1:58	62	3:00	10.60	46:03	4:20	11	5:55	53	11:43