



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: 13.81 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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