



# 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

## Detailed evaluation

**Mewes, Nick**

Club: VFL 28 Ellrich  
Number: 1745

Course: 10.60 km  
Geländelauf

Category:  
männliche Jugend B

Total time: 46:05

Speed: 13.02 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 54 (of 171)

Rank in course/Men: 54 (of 140)

Best time in course: 34:20

Rank in category: 7(of 8)

Best time in the category: 35:56

### 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	34:50	4:35	7	7:52	59	9:18	7.60	34:50	4:35	7	7:48	53	9:18
Finish	3.00	11:15	3:45	6	2:21	42	2:27	10.60	46:05	4:20	7	10:09	54	11:45