



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: 13.80 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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