



## 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

### Detailed evaluation

#### Seever, Thorsten

Club: Laufftreff Alteburg Arnstadt

Number: 1633

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 46:08

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 55 (of 171)

Rank in course/Men: 55 (of 140)

Best time in course: 34:20

Rank in category: 12(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	34:14	4:30	11	3:56	51	8:42	7.60	34:14	4:30	11		54	8:42
Finish	3.00	11:54	3:58	13	2:04	66	3:06	10.60	46:08	4:21	12	6:00	55	11:48