



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 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	34:14	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