



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Brachmann, Kurt

Club: Das Meininger Theater

Number: 1666

Course: 10.60 km

Geländelauf

Category:

Männer M55

Total time: 46:10

Speed: 13.78 km/h

Running performance: 4:22 min/km

Rank in course/Total: 56 (of 171)

Rank in course/Men: 56 (of 140)

Best time in course: 34:20

Rank in category: 2(of 14)

Best time in the category: 42:09

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	34:25	4:31	2	3:05	53	8:53	7.60	34:25	4:31	2	3:05	55	8:53
Finish	3.00	11:45	3:54	2	0:56	57	2:57	10.60	46:10	4:21	2	4:01	56	11:50