



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kurch, Jörg

Club: VFL 28 Ellrich

Number: 1646

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 46:23

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 59 (of 171)

Rank in course/Men: 59 (of 140)

Best time in course: 34:20

Rank in category: 7(of 20)

Best time in the category: 39:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.60	34:49	4:34	7	4:28	58	9:17	7.60	34:49	4:34	15		58	9:17
Finish	3.00	11:34	3:51	5	2:06	53	2:46	10.60	46:23	4:22	7	6:34	59	12:03