



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kühn, Michael

Club: VFL 28 Ellrich

Number: 1635

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 46:34

Speed: 12.88 km/h

Running performance: 4:23 min/km

Rank in course/Total: 60 (of 171)

Rank in course/Men: 60 (of 140)

Best time in course: 34:20

Rank in category: 11(of 19)

Best time in the category: 40:29

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	34:39	4:33	11	4:24	55	9:07	7.60	34:39	4:33	10	0:05	59	9:07
Finish	3.00	11:55	3:58	13	1:44	67	3:07	10.60	46:34	4:23	11	6:05	60	12:14