



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Stein, Lars

Club: Falken

Number: 1734

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 46:45

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 61 (of 171)

Rank in course/Men: 61 (of 140)

Best time in course: 34:20

Rank in category: 5(of 9)

Best time in the category: 39:16

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	34:58	4:36	5	5:10	61	9:26	7.60	34:58	4:36	5	5:10	60	9:26
Finish	3.00	11:47	3:55	5	2:19	59	2:59	10.60	46:45	4:24	5	7:29	61	12:25