



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Manegold, Thomas

Club: SV Normania Treffurt e.V.
Number: 1776

Course: 10.60 km
Geländelauf

Category:
Männer M20

Total time: 46:57

Speed: 12.78 km/h
Running performance: 4:26 min/km

Rank in course/Total: 63 (of 171)

Rank in course/Men: 63 (of 140)

Best time in course: 34:20

Rank in category: 12(of 19)

Best time in the category: 34:20

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	35:00	4:36	12	9:28	63	9:28	7.60	35:00	4:36	9	0:52	62	9:28
Finish	3.00	11:57	3:58	12	3:09	70	3:09	10.60	46:57	4:25	12	12:37	63	12:37