



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Ickler, Mario

Club: TSG Ruhla

Number: 1788

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 47:05

Speed: 13.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 64 (of 171)

Rank in course/Men: 64 (of 140)

Best time in course: 34:20

Rank in category: 8(of 20)

Best time in the category: 39:49

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	34:52	4:35	8	4:31	60	9:20	7.60	34:52	4:35	14		63	9:20
Finish	3.00	12:13	4:04	11	2:45	73	3:25	10.60	47:05	4:26	8	7:16	64	12:45