



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Pohl, Wolfgang

Club: SV Normania Treffurt e.V.

Number: 1658

Course: 10.60 km

Geländelauf

Category:

Männer M55

Total time: 47:55

Speed: 12.52 km/h

Running performance: 4:31 min/km

Rank in course/Total: 66 (of 171)

Rank in course/Men: 66 (of 140)

Best time in course: 34:20

Rank in category: 3(of 14)

Best time in the category: 42:09

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	36:08	4:45	3	4:48	66	10:36	7.60	36:08	4:45	3	4:48	65	10:36
Finish	3.00	11:47	3:55	3	0:58	59	2:59	10.60	47:55	4:31	3	5:46	66	13:35