



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Jacob, Sören

Club: Gerstungen
Number: 1808

Course: 10.60 km
Geländelauf

Category:
Männer M40

Total time: 48:02

Speed: 12.49 km/h
Running performance: 4:32 min/km

Rank in course/Total: 67 (of 171)

Rank in course/Men: 67 (of 140)

Best time in course: 34:20

Rank in category: 12(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	36:33	4:48	14	6:18	70	11:01	7.60	36:33	4:48	9	1:59	66	11:01
Finish	3.00	11:29	3:49	10	1:18	48	2:41	10.60	48:02	4:31	12	7:33	67	13:42