



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kaub, Jan Mauriz

Club: Weimar

Number: 1718

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 48:04

Speed: 12.48 km/h

Running performance: 4:32 min/km

Rank in course/Total: 68 (of 171)

Rank in course/Men: 68 (of 140)

Best time in course: 34:20

Rank in category: 6(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	36:12	4:45	6	6:24	67	10:40	7.60	36:12	4:45	6	6:24	67	10:40
Finish	3.00	11:52	3:57	6	2:24	64	3:04	10.60	48:04	4:32	6	8:48	68	13:44