



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Eisenbrandt, Frank

Club: Treffurt
Number: 1710

Course: 10.60 km
Geländelauf

Category:
Männer M45

Total time: 48:17

Speed: 13.17 km/h
Running performance: 4:34 min/km

Rank in course/Total: 69 (of 171)

Rank in course/Men: 69 (of 140)

Best time in course: 34:20

Rank in category: 9(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	36:29	4:48	9	6:08	68	10:57	7.60	36:29	4:48	13		68	10:57
Finish	3.00	11:48	3:56	8	2:20	62	3:00	10.60	48:17	4:33	9	8:28	69	13:57