



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Blask, Uwe

Total time: 48:23

Number: 1784

Speed: 13.15 km/h

Running performance: 4:34 min/km

Course: 10.60 km

Rank in course/Total: 70 (of 171)

Geländelauf

Rank in course/Men: 70 (of 140)

Best time in course: 34:20

Category:

Rank in category: 13(of 19)

Männer M40

Best time in the category: 40:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.60	36:30	4:48	13	6:15	69	10:58	7.60	36:30	4:48	8	1:56	69	10:58
Finish	3.00	11:53	3:57	12	1:42	65	3:05	10.60	48:23	4:33	13	7:54	70	14:03