



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Blask, Uwe

Number: 1784

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 48:23

Speed: 12.40 km/h

Running performance: 4:34 min/km

Rank in course/Total: 70 (of 171)

Rank in course/Men: 70 (of 140)

Best time in course: 34:20

Rank in category: 13(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	36:30	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