



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Osterland, Bernd

Club: Ironman

Number: 1789

Course: 10.60 km

Geländelauf

Category:

Männer M50

Total time: 48:57

Speed: 12.26 km/h

Running performance: 4:37 min/km

Rank in course/Total: 72 (of 171)

Rank in course/Men: 71 (of 140)

Best time in course: 34:20

Rank in category: 4(of 7)

Best time in the category: 41:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	36:41	4:49	3	6:11	72	11:09	7.60	36:41	4:49	3	6:11	70	11:09
Finish	3.00	12:16	4:05	3	1:32	74	3:28	10.60	48:57	4:37	4	7:43	71	14:37