



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt
Number: 1660

Course: 10.60 km
Geländelauf

Category:
Männer M55

Total time: 49:12

Speed: 12.20 km/h
Running performance: 4:38 min/km

Rank in course/Total: 74 (of 171)

Rank in course/Men: 73 (of 140)

Best time in course: 34:20

Rank in category: 4(of 14)

Best time in the category: 42:09

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	36:39	4:49	4	5:19	71	11:07	7.60	36:39	4:49	4	5:19	71	11:07
Finish	3.00	12:33	4:11	5	1:44	78	3:45	10.60	49:12	4:38	4	7:03	73	14:52