



# 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

## Detailed evaluation

**Henning, Jürgen**

Club: Spvgg Faulungen

Number: 1807

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 49:21

Speed: 12.16 km/h

Running performance: 4:40 min/km

Rank in course/Total: 76 (of 171)

Rank in course/Men: 74 (of 140)

Best time in course: 34:20

Rank in category: 10(of 20)

Best time in the category: 39:49

### 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	37:38	4:57	10	7:17	74	12:06	7.60	37:38	4:57	12		72	12:06
Finish	3.00	11:43	3:54	6	2:15	56	2:55	10.60	49:21	4:39	10	9:32	74	15:01