



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: 12.89 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	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	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