



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Wenzel, Heiko

Club: SV Eintracht-Haina

Number: 1741

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 49:59

Speed: 12.72 km/h

Running performance: 4:43 min/km

Rank in course/Total: 78 (of 171)

Rank in course/Men: 75 (of 140)

Best time in course: 34:20

Rank in category: 14(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	35:44	4:42	12	5:29	64	10:12	7.60	35:44	4:42	7	1:10	73	10:12
Finish	3.00	14:15	4:45	18	4:04	118	5:27	10.60	49:59	4:42	14	9:30	75	15:39