



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Hennig, Bernhard

Club: SV Mihla

Number: 1670

Course: 10.60 km

Geländelauf

Category:

Männer M60

Total time: 50:02

Speed: 11.99 km/h

Running performance: 4:43 min/km

Rank in course/Total: 80 (of 171)

Rank in course/Men: 77 (of 140)

Best time in course: 34:20

Rank in category: 2(of 7)

Best time in the category: 48:59

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	38:06	5:00	1	-	78	12:34	7.60	38:06	5:00	1	-	75	12:34
Finish	3.00	11:56	3:58	1	-	68	3:08	10.60	50:02	4:43	2	1:03	77	15:42