



# 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

## Detailed evaluation

**Käppler, Gerd**

Club: SV Normania Treffurt e.V.

Number: 1780

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 50:15

Speed: 11.94 km/h

Running performance: 4:44 min/km

Rank in course/Total: 81 (of 171)

Rank in course/Men: 78 (of 140)

Best time in course: 34:20

Rank in category: 11(of 20)

Best time in the category: 39:49

### Intermediate times

### Stage score

### Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time  |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Adolfsburg | 7.60        | 38:10         | 5:01            | 11          | 7:49           | 79          | 12:38         | 7.60  | 38:10 | 5:01            | 1           | -              | 76            | 12:38         |
| Finish     | 3.00        | 12:05         | 4:01            | 10          | 2:37           | 71          | 3:17          | 10.60 | 50:15 | 4:44            | 11          | 10:26          | 78            | 15:55         |