



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kunze, Guido

Club: Laufladen zwei G

Number: 1794

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 50:39

Speed: 11.85 km/h

Running performance: 4:47 min/km

Rank in course/Total: 83 (of 171)

Rank in course/Men: 80 (of 140)

Best time in course: 34:20

Rank in category: 15(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	37:10	4:53	15	6:55	73	11:38	7.60	37:10	4:53	6	2:36	78	11:38
Finish	3.00	13:29	4:29	16	3:18	104	4:41	10.60	50:39	4:46	15	10:10	80	16:19