



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Senf, Michael

Club: Creuzburg

Number: 1732

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 50:44

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 85 (of 171)

Rank in course/Men: 82 (of 140)

Best time in course: 34:20

Rank in category: 7(of 9)

Best time in the category: 39:16

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	38:18	5:02	7	8:30	81	12:46	7.60	38:18	5:02	7	8:30	80	12:46
Finish	3.00	12:26	4:08	7	2:58	77	3:38	10.60	50:44	4:47	7	11:28	82	16:24