



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Helbing, Heiko

Club: Jena

Number: 1714

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 51:03

Speed: 11.75 km/h

Running performance: 4:49 min/km

Rank in course/Total: 88 (of 171)

Rank in course/Men: 84 (of 140)

Best time in course: 34:20

Rank in category: 14(of 21)

Best time in the category: 40:08

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	37:51	4:58	14	7:33	77	12:19	7.60	37:51	4:58	9	3:36	82	12:19
Finish	3.00	13:12	4:23	16	3:22	93	4:24	10.60	51:03	4:48	14	10:55	84	16:43