



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Matthes, Jan

Club: LT Breitung
Number: 1655

Course: 10.60 km
Geländelauf

Category:
Männer M45

Total time: 51:34

Speed: 12.33 km/h
Running performance: 4:52 min/km

Rank in course/Total: 90 (of 171)

Rank in course/Men: 85 (of 140)

Best time in course: 34:20

Rank in category: 12(of 20)

Best time in the category: 39:49

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	38:57	5:07	12	8:36	84	13:25	7.60	38:57	5:07	10	0:47	83	13:25
Finish	3.00	12:37	4:12	12	3:09	80	3:49	10.60	51:34	4:51	12	11:45	85	17:14