



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: 11.64 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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |