



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Alexander, Brandt

Number: 1749

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 51:59

Speed: 12.23 km/h

Running performance: 4:54 min/km

Rank in course/Total: 93 (of 171)

Rank in course/Men: 86 (of 140)

Best time in course: 34:20

Rank in category: 13(of 19)

Best time in the category: 34:20

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Adolfsburg	7.60	38:34	5:04	13	13:02	83	13:02	7.60	38:34	5:04	8	4:26	84	13:02
Finish	3.00	13:25	4:28	17	4:37	102	4:37	10.60	51:59	4:54	13	17:39	86	17:39