



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Mehm, Harald

Club: Erfurt

Number: 1645

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 52:17

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 94 (of 171)

Rank in course/Men: 87 (of 140)

Best time in course: 34:20

Rank in category: 13(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	39:03	5:08	13	8:42	85	13:31	7.60	39:03	5:08	9	0:53	85	13:31
Finish	3.00	13:14	4:24	14	3:46	95	4:26	10.60	52:17	4:55	13	12:28	87	17:57