



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Meusel, Sten

Club: Weimar

Number: 1617

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 52:21

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 95 (of 171)

Rank in course/Men: 88 (of 140)

Best time in course: 34:20

Rank in category: 8(of 9)

Best time in the category: 39:16

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	39:14	5:09	8	9:26	86	13:42	7.60	39:14	5:09	8	9:26	86	13:42
Finish	3.00	13:07	4:22	8	3:39	91	4:19	10.60	52:21	4:56	8	13:05	88	18:01