



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Manegold, Erhard

Club: SV Normania Treffurt e.V.

Number: 1750

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 53:12

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 101 (of 171)

Rank in course/Men: 94 (of 140)

Best time in course: 34:20

Rank in category: 14(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	39:42	5:13	14	9:21	91	14:10	7.60	39:42	5:13	8	1:32	92	14:10
Finish	3.00	13:30	4:30	16	4:02	105	4:42	10.60	53:12	5:01	14	13:23	94	18:52