



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kilb, Udo

Club: sc impuls erfurt

Number: 1652

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 53:26

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 102 (of 171)

Rank in course/Men: 95 (of 140)

Best time in course: 34:20

Rank in category: 15(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	39:58	5:15	15	9:37	93	14:26	7.60	39:58	5:15	7	1:48	93	14:26
Finish	3.00	13:28	4:29	15	4:00	103	4:40	10.60	53:26	5:02	15	13:37	95	19:06