



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kaufhold, Christoph

Club: BSV Lengenfeld

Number: 1797

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 53:30

Speed: 11.21 km/h

Running performance: 5:03 min/km

Rank in course/Total: 103 (of 171)

Rank in course/Men: 96 (of 140)

Best time in course: 34:20

Rank in category: 14(of 19)

Best time in the category: 34:20

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 | 41:08 | 5:24 | 15 | 15:36 | 102 | 15:36 | 7.60 | 41:08 | 5:24 | 7 | 7:00 | 94 | 15:36 |
| Finish | 3.00 | 12:22 | 4:07 | 13 | 3:34 | 76 | 3:34 | 10.60 | 53:30 | 5:02 | 14 | 19:10 | 96 | 19:10 |