



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 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	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