



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Lesser, Holger

Club: Gotha

Number: 1648

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 53:32

Speed: 11.21 km/h

Running performance: 5:03 min/km

Rank in course/Total: 104 (of 171)

Rank in course/Men: 97 (of 140)

Best time in course: 34:20

Rank in category: 16(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	40:40	5:21	16	10:19	98	15:08	7.60	40:40	5:21	6	2:30	95	15:08
Finish	3.00	12:52	4:17	13	3:24	85	4:04	10.60	53:32	5:03	16	13:43	97	19:12