



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Meißner, Sven

Club: SV Normania Treffurt e.V.

Number: 1748

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 54:34

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 110 (of 171)

Rank in course/Men: 103 (of 140)

Best time in course: 34:20

Rank in category: 15(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	41:28	5:27	16	15:56	103	15:56	7.60	41:28	5:27	6	7:20	100	15:56
Finish	3.00	13:06	4:21	14	4:18	90	4:18	10.60	54:34	5:08	15	20:14	103	20:14