



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Lege, Tobias

Club: Weimar

Number: 1613

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 54:46

Speed: 10.96 km/h

Running performance: 5:10 min/km

Rank in course/Total: 111 (of 171)

Rank in course/Men: 104 (of 140)

Best time in course: 34:20

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	41:00	5:23	14	15:28	100	15:28	7.60	41:00	5:23	5	6:52	101	15:28
Finish	3.00	13:46	4:35	18	4:58	112	4:58	10.60	54:46	5:10	16	20:26	104	20:26