



# 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

## Detailed evaluation

### Sebastian, Höppner

Club: SV Diedorf 1921

Number: 1773

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 55:11

Speed: 11.53 km/h

Running performance: 5:13 min/km

Rank in course/Total: 113 (of 171)

Rank in course/Men: 105 (of 140)

Best time in course: 34:20

Rank in category: 17(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	41:55	5:30	17	16:23	104	16:23	7.60	41:55	5:30	4	7:47	102	16:23
Finish	3.00	13:16	4:25	15	4:28	97	4:28	10.60	55:11	5:12	17	20:51	105	20:51