



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: 10.87 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	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	41:55	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