



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Koch, Siegfried

Club: SV Mihla

Number: 1662

Course: 10.60 km

Geländelauf

Category:

Männer M55

Total time: 55:12

Speed: 10.87 km/h

Running performance: 5:13 min/km

Rank in course/Total: 114 (of 171)

Rank in course/Men: 106 (of 140)

Best time in course: 34:20

Rank in category: 9(of 14)

Best time in the category: 42:09

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	40:49	5:22	8	9:29	99	15:17	7.60	40:49	5:22	9	9:29	103	15:17
Finish	3.00	14:23	4:47	12	3:34	122	5:35	10.60	55:12	5:12	9	13:03	106	20:52