



## 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: 11.52 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	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	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