



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Dienes, Kay

Club: Eisenach

Number: 1709

Course: 10.60 km

Geländelauf

Category:

männliche Jugend A

Total time: 55:14

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 115 (of 171)

Rank in course/Men: 107 (of 140)

Best time in course: 34:20

Rank in category: 6(of 6)

Best time in the category: 35:56

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 | 42:28 | 5:35 | 6 | 15:55 | 109 | 16:56 | 7.60 | 42:28 | 5:35 | 5 | 15:55 | 104 | 16:56 |
| Finish | 3.00 | 12:46 | 4:15 | 5 | 3:39 | 84 | 3:58 | 10.60 | 55:14 | 5:12 | 6 | 19:18 | 107 | 20:54 |