



## 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

### Detailed evaluation

**Busse, Thomas**

Club: SV Bernterode

Number: 1638

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 55:18

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 116 (of 171)

Rank in course/Men: 108 (of 140)

Best time in course: 34:20

Rank in category: 16(of 19)

Best time in the category: 40:29

### 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  | 42:23 | 5:34   | 16   | 12:08  | 107 | 16:51  | 7.60  | 42:23 | 5:34   | 5    | 7:49   | 105 | 16:51  |
| Finish     | 3.00  | 12:55 | 4:18   | 14   | 2:44   | 86  | 4:07   | 10.60 | 55:18 | 5:13   | 16   | 14:49  | 108 | 20:58  |