



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: 10.85 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