



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Heilwagen, Hans-Jürgen

Club: SV 1899 Mühlhausen

Number: 1671

Course: 10.60 km

Geländelauf

Category:

Männer M60

Total time: 55:40

Speed: 10.78 km/h

Running performance: 5:15 min/km

Rank in course/Total: 118 (of 171)

Rank in course/Men: 109 (of 140)

Best time in course: 34:20

Rank in category: 3(of 7)

Best time in the category: 48:59

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	42:07	5:32	2	4:01	105	16:35	7.60	42:07	5:32	2	4:01	106	16:35
Finish	3.00	13:33	4:30	4	1:37	108	4:45	10.60	55:40	5:15	3	6:41	109	21:20