



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Brandt, Sebastian

Club: Fitnessoase Ohrdruf

Number: 1708

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 55:42

Speed: 10.77 km/h

Running performance: 5:15 min/km

Rank in course/Total: 119 (of 171)

Rank in course/Men: 110 (of 140)

Best time in course: 34:20

Rank in category: 18(of 19)

Best time in the category: 34:20

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	42:21	5:34	18	16:49	106	16:49	7.60	42:21	5:34	3	8:13	107	16:49
Finish	3.00	13:21	4:27	16	4:33	100	4:33	10.60	55:42	5:15	18	21:22	110	21:22