



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Wand, Thomas

Club: Eisenach

Number: 1740

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 55:49

Speed: 10.75 km/h

Running performance: 5:16 min/km

Rank in course/Total: 120 (of 171)

Rank in course/Men: 111 (of 140)

Best time in course: 34:20

Rank in category: 19(of 21)

Best time in the category: 40:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Adolfsburg	7.60	42:49	5:38	19	12:31	111	17:17	7.60	42:49	5:38	4	8:34	108	17:17				
Finish	3.00	13:00	4:19	15	3:10	89	4:12	10.60	55:49	5:15	19	15:41	111	21:29				