



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad LSZ

Number: 1654

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 56:22

Speed: 10.64 km/h

Running performance: 5:19 min/km

Rank in course/Total: 123 (of 171)

Rank in course/Men: 113 (of 140)

Best time in course: 34:20

Rank in category: 17(of 20)

Best time in the category: 39:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	42:25	5:34	17	12:04	108	16:53	7.60	42:25	5:34	5	4:15	110	16:53
Finish	3.00	13:57	4:38	18	4:29	115	5:09	10.60	56:22	5:19	17	16:33	113	22:02