



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Sieber, René

Club: Ecklingerode

Number: 1733

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 56:32

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 124 (of 171)

Rank in course/Men: 114 (of 140)

Best time in course: 34:20

Rank in category: 18(of 20)

Best time in the category: 39:49

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	42:32	5:35	18	12:11	110	17:00	7.60	42:32	5:35	4	4:22	111	17:00
Finish	3.00	14:00	4:40	19	4:32	116	5:12	10.60	56:32	5:19	18	16:43	114	22:12