



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Fick, Thomas

Club: VfB TM Mühlhausen

Number: 1640

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 56:33

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 125 (of 171)

Rank in course/Men: 115 (of 140)

Best time in course: 34:20

Rank in category: 17(of 19)

Best time in the category: 40:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Adolfsburg	7.60	43:24	5:42	18	13:09	117	17:52	7.60	43:24	5:42	4	8:50	112	17:52
Finish	3.00	13:09	4:23	15	2:58	92	4:21	10.60	56:33	5:20	17	16:04	115	22:13