



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Burghardt, Rolf

Club: Mihla

Number: 1802

Course: 10.60 km

Geländelauf

Category:

Männer M60

Total time: 56:41

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 126 (of 171)

Rank in course/Men: 116 (of 140)

Best time in course: 34:20

Rank in category: 4(of 7)

Best time in the category: 48:59

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	43:10	5:40	3	5:04	116	17:38	7.60	43:10	5:40	3	5:04	113	17:38
Finish	3.00	13:31	4:30	3	1:35	107	4:43	10.60	56:41	5:20	4	7:42	116	22:21