



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Grebe, Martin

Club: Eisenach

Number: 1643

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 56:45

Speed: 10.57 km/h

Running performance: 5:21 min/km

Rank in course/Total: 128 (of 171)

Rank in course/Men: 117 (of 140)

Best time in course: 34:20

Rank in category: 18(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	42:53	5:38	17	12:38	112	17:21	7.60	42:53	5:38	3	8:19	114	17:21
Finish	3.00	13:52	4:37	17	3:41	113	5:04	10.60	56:45	5:21	18	16:16	117	22:25