



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Quast, Holger

Club: Mühlhausen

Number: 1622

Course: 10.60 km

Geländelauf

Category:

Männer M30

Total time: 57:33

Speed: 10.43 km/h

Running performance: 5:26 min/km

Rank in course/Total: 129 (of 171)

Rank in course/Men: 118 (of 140)

Best time in course: 34:20

Rank in category: 9(of 9)

Best time in the category: 39:16

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	43:09	5:40	9	13:21	115	17:37	7.60	43:09	5:40	9	13:21	115	17:37
Finish	3.00	14:24	4:47	9	4:56	123	5:36	10.60	57:33	5:25	9	18:17	118	23:13