



# 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: 11.05 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |