



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Dr. Blumöhr, Reiner

Club: Thuringia Königsee
Number: 1677

Course: 10.60 km
Geländelauf

Category:
Männer M70

Total time: 57:47

Speed: 11.01 km/h
Running performance: 5:27 min/km

Rank in course/Total: 131 (of 171)

Rank in course/Men: 119 (of 140)

Best time in course: 34:20

Rank in category: 1(of 3)

Best time in the category: 57:47

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	43:55	5:46	1	-	118	18:23	7.60	43:55	5:46	1	-	116	18:23
Finish	3.00	13:52	4:37	1	-	113	5:04	10.60	57:47	5:27	1	-	119	23:27