



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 1625

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 58:01

Speed: 10.34 km/h

Running performance: 5:28 min/km

Rank in course/Total: 133 (of 171)

Rank in course/Men: 120 (of 140)

Best time in course: 34:20

Rank in category: 20(of 21)

Best time in the category: 40:08

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	44:22	5:50	20	14:04	121	18:50	7.60	44:22	5:50	3	10:07	117	18:50
Finish	3.00	13:39	4:32	18	3:49	110	4:51	10.60	58:01	5:28	20	17:53	120	23:41