



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Heilwagen, Dieter

Club: Wutha-Farnroda

Number: 1711

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 58:10

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 134 (of 171)

Rank in course/Men: 121 (of 140)

Best time in course: 34:20

Rank in category: 19(of 20)

Best time in the category: 39:49

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	43:03	5:39	19	12:42	114	17:31	7.60	43:03	5:39	3	4:53	118	17:31
Finish	3.00	15:07	5:02	20	5:39	128	6:19	10.60	58:10	5:29	19	18:21	121	23:50