



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Metz, Egon

Club: Spargelläufer Herbsleben

Number: 1665

Course: 10.60 km

Geländelauf

Category:

Männer M55

Total time: 58:20

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 135 (of 171)

Rank in course/Men: 122 (of 140)

Best time in course: 34:20

Rank in category: 10(of 14)

Best time in the category: 42:09

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	44:04	5:47	10	12:44	119	18:32	7.60	44:04	5:47	10	12:44	119	18:32
Finish	3.00	14:16	4:45	9	3:27	119	5:28	10.60	58:20	5:30	10	16:11	122	24:00