



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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |