



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Wolski, Peter

Club: Mühlhausen

Number: 1800

Course: 10.60 km

Geländelauf

Category:

Männer M45

Total time: 58:30

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 136 (of 171)

Rank in course/Men: 123 (of 140)

Best time in course: 34:20

Rank in category: 20(of 20)

Best time in the category: 39:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	44:55	5:54	20	14:34	124	19:23	7.60	44:55	5:54	2	6:45	120	19:23
Finish	3.00	13:35	4:31	17	4:07	109	4:47	10.60	58:30	5:31	20	18:41	123	24:10