



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Heise, Reiner

Club: sc impuls erfurt

Number: 1668

Course: 10.60 km

Geländelauf

Category:

Männer M60

Total time: 58:36

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 137 (of 171)

Rank in course/Men: 124 (of 140)

Best time in course: 34:20

Rank in category: 5(of 7)

Best time in the category: 48:59

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	45:06	5:56	5	7:00	125	19:34	7.60	45:06	5:56	4	7:00	121	19:34
Finish	3.00	13:30	4:30	2	1:34	105	4:42	10.60	58:36	5:31	5	9:37	124	24:16