



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Goetz, Helmut

Club: sc impuls erfurt
Number: 1673

Course: 10.60 km
Geländelauf

Category:
Männer M65

Total time: 58:42

Speed: 10.83 km/h
Running performance: 5:32 min/km

Rank in course/Total: 138 (of 171)

Rank in course/Men: 125 (of 140)

Best time in course: 34:20

Rank in category: 4(of 7)

Best time in the category: 46:17

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	44:11	5:48	4	9:31	120	18:39	7.60	44:11	5:48	4	9:31	122	18:39
Finish	3.00	14:31	4:50	4	2:54	124	5:43	10.60	58:42	5:32	4	12:25	125	24:22