



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kaiser, Tobias

Club: Treffurt

Number: 1716

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 59:14

Speed: 10.13 km/h

Running performance: 5:35 min/km

Rank in course/Total: 140 (of 171)

Rank in course/Men: 127 (of 140)

Best time in course: 34:20

Rank in category: 19(of 19)

Best time in the category: 34:20

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	44:31	5:51	19	18:59	122	18:59	7.60	44:31	5:51	2	10:23	125	18:59
Finish	3.00	14:43	4:54	19	5:55	127	5:55	10.60	59:14	5:35	19	24:54	127	24:54