



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Fütterer, Friedbert

Club: SV Gernrode

Number: 1663

Course: 10.60 km

Geländelauf

Category:

Männer M55

Total time: 59:54

Speed: 10.02 km/h

Running performance: 5:39 min/km

Rank in course/Total: 143 (of 171)

Rank in course/Men: 128 (of 140)

Best time in course: 34:20

Rank in category: 11(of 14)

Best time in the category: 42:09

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	45:35	5:59	11	14:15	128	20:03	7.60	45:35	5:59	11	14:15	126	20:03
Finish	3.00	14:19	4:46	11	3:30	121	5:31	10.60	59:54	5:39	11	17:45	128	25:34