



## 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

### Detailed evaluation

Ziegler, Hans-Joachim

Club: Ruhla

Number: 1667

Course: 10.60 km

Geländelauf

Category:

Männer M55

Total time: 1:00:32

Speed: 9.91 km/h

Running performance: 5:43 min/km

Rank in course/Total: 146 (of 171)

Rank in course/Men: 129 (of 140)

Best time in course: 34:20

Rank in category: 12(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	46:15	6:05	12	14:55	131	20:43	7.60	46:15	6:05	12	14:55	127	20:43
Finish	3.00	14:17	4:45	10	3:28	120	5:29	10.60	1:00:32	5:42	12	18:23	129	26:12