



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Rödel, Jörg

Club: SV Mihla

Number: 1672

Course: 10.60 km

Geländelauf

Category:

Männer M60

Total time: 1:00:40

Speed: 9.89 km/h

Running performance: 5:43 min/km

Rank in course/Total: 147 (of 171)

Rank in course/Men: 130 (of 140)

Best time in course: 34:20

Rank in category: 7(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	46:04	6:03	6	7:58	129	20:32	7.60	46:04	6:03	6	7:58	128	20:32
Finish	3.00	14:36	4:51	6	2:40	126	5:48	10.60	1:00:40	5:43	7	11:41	130	26:20