



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Bechstein, Michael

Club: TABBS Vital

Number: 1705

Course: 10.60 km

Geländelauf

Category:

Männer M40

Total time: 1:00:42

Speed: 9.88 km/h

Running performance: 5:44 min/km

Rank in course/Total: 148 (of 171)

Rank in course/Men: 131 (of 140)

Best time in course: 34:20

Rank in category: 19(of 19)

Best time in the category: 40:29

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	45:29	5:59	19	15:14	127	19:57	7.60	45:29	5:59	2	10:55	129	19:57
Finish	3.00	15:13	5:04	19	5:02	129	6:25	10.60	1:00:42	5:43	19	20:13	131	26:22