



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Trunk, Rüdiger

Club: Eisenach
Number: 1737

Course: 10.60 km
Geländelauf

Category:
Männer M65

Total time: 1:03:42

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 155 (of 171)

Rank in course/Men: 134 (of 140)

Best time in course: 34:20

Rank in category: 5(of 7)

Best time in the category: 46:17

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	48:07	6:19	5	13:27	133	22:35	7.60	48:07	6:19	5	13:27	132	22:35
Finish	3.00	15:35	5:11	5	3:58	131	6:47	10.60	1:03:42	6:00	5	17:25	134	29:22