



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: 9.42 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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