



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Elbert, Dieter

Club: Hainichläufer

Number: 1674

Course: 10.60 km

Geländelauf

Category:

Männer M65

Total time: 1:28:43

Speed: 7.17 km/h

Running performance: 8:22 min/km

Rank in course/Total: 168 (of 171)

Rank in course/Men: 139 (of 140)

Best time in course: 34:20

Rank in category: 7(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	1:05:35	8:37	7	30:55	136	40:03	7.60	1:05:35	8:37	7	30:55	136	40:03
Finish	3.00	23:08	7:42	7	11:31	136	14:20	10.60	1:28:43	8:22	7	42:26	139	54:23