



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Ellenberg, Horst

Club: Gotha

Number: 1772

Course: 10.60 km

Geländelauf

Category:

Männer M70

Total time: 1:41:07

Speed: 6.29 km/h

Running performance: 9:32 min/km

Rank in course/Total: 171 (of 171)

Rank in course/Men: 140 (of 140)

Best time in course: 34:20

Rank in category: 3(of 3)

Best time in the category: 57:47

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	1:16:36	10:04	3	32:41	137	51:04	7.60	1:16:36	10:04	3	32:41	137	51:04
Finish	3.00	24:31	8:10	3	10:39	137	15:43	10.60	1:41:07	9:32	3	43:20	140	1:06:47