



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Staufenbiel, Roman

Club: SV Diedorf 1921

Number: 1755

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 44:57

Speed: 14.15 km/h

Running performance: 4:14 min/km

Rank in course/Total: 46 (of 171)

Rank in course/Men: 46 (of 140)

Best time in course: 34:20

Rank in category: 10(of 21)

Best time in the category: 40:08

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 | 33:36 | 4:25 | 9 | 3:18 | 44 | 8:04 | 7.60 | 33:36 | 4:25 | 13 | | 45 | 8:04 |
| Finish | 3.00 | 11:21 | 3:46 | 10 | 1:31 | 46 | 2:33 | 10.60 | 44:57 | 4:14 | 10 | 4:49 | 46 | 10:37 |