



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: 13.35 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 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	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