



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Stauche, Ronny

Club: Ettenhausen

Number: 1805

Course: 10.60 km

Geländelauf

Category:

Männer M35

Total time: 47:37

Speed: 13.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 65 (of 171)

Rank in course/Men: 65 (of 140)

Best time in course: 34:20

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Adolfsburg	7.60	36:06	4:45	13	5:48	65	10:34	7.60	36:06	4:45	10	1:51	64	10:34
Finish	3.00	11:31	3:50	11	1:41	50	2:43	10.60	47:37	4:29	13	7:29	65	13:17