



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Berner, Roland

Club: LG B. Frankenhausen/Göllingen

Number: 1781

Course: 10.60 km

Geländelauf

Category:

Männer M50

Total time: 52:49

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 99 (of 171)

Rank in course/Men: 92 (of 140)

Best time in course: 34:20

Rank in category: 7(of 7)

Best time in the category: 41:14

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	40:13	5:17	6	9:43	94	14:41	7.60	40:13	5:17	6	9:43	90	14:41
Finish	3.00	12:36	4:12	4	1:52	79	3:48	10.60	52:49	4:58	7	11:35	92	18:29