



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kern, Ute

Club: TV 03 Breitenbach

Number: 1719

Course: 10.60 km

Geländelauf

Category:

Frauen W40

Total time: 48:40

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 71 (of 171)

Rank in course/Women: 1 (of 31)

Best time in course: 48:40

Rank in category: 1(of 8)

Best time in the category: 48:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	36:28	4:47	1	-	1	-	7.60	36:28	4:47	1	-	29	
Finish	3.00	12:12	4:03	1	-	1	-	10.60	48:40	4:35	1	-	1	-