



5. Trefffurter Stadtlauf  
Treffurt / 13.09.2008

Detailed evaluation

Romming, Nicole

Club: Fitnessoase Ohrdruf  
Number: 1689

Course: 10.60 km  
Geländelauf

Category:  
Frauen W35

Total time: 49:54

Speed: 12.02 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 77 (of 171)

Rank in course/Women: 3 (of 31)

Best time in course: 48:40

Rank in category: 1(of 8)

Best time in the category: 49:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	37:27	4:55	1	-	3	0:59	7.60	37:27	4:55	1	-	28	0:28
Finish	3.00	12:27	4:08	1	-	4	0:15	10.60	49:54	4:42	1	-	3	1:14