



5. Trefffurter Stadtlauf  
Treffurt / 13.09.2008

Detailed evaluation

Thorhauer, Henriette

Club: SV 'Glückauf' Sondershausen  
Number: 1792

Course: 10.60 km  
Geländelauf

Category:  
Frauen W40

Total time: 51:03

Speed: 11.75 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 87 (of 171)

Rank in course/Women: 4 (of 31)

Best time in course: 48:40

Rank in category: 3(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.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Adolfsburg	7.60	38:17	5:02	3	1:49	4	1:49	7.60	38:17	5:02	3	1:49	27	1:18
Finish	3.00	12:46	4:15	4	0:34	5	0:34	10.60	51:03	4:48	3	2:23	4	2:23