



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Winges, Eva

Club: Saalfelder LV

Number: 1693

Course: 10.60 km

Geländelauf

Category:

Frauen W40

Total time: 51:10

Speed: 11.73 km/h

Running performance: 4:50 min/km

Rank in course/Total: 89 (of 171)

Rank in course/Women: 5 (of 31)

Best time in course: 48:40

Rank in category: 4(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	38:48	5:06	4	2:20	7	2:20	7.60	38:48	5:06	4	2:20	26	1:49
Finish	3.00	12:22	4:07	3	0:10	3	0:10	10.60	51:10	4:49	4	2:30	5	2:30