



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Boeck, Sigrid

Club: VFL 28 Ellrich

Number: 1706

Course: 10.60 km

Geländelauf

Category:

Frauen W35

Total time: 51:48

Speed: 11.58 km/h

Running performance: 4:53 min/km

Rank in course/Total: 92 (of 171)

Rank in course/Women: 7 (of 31)

Best time in course: 48:40

Rank in category: 3(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	38:45	5:05	3	1:18	6	2:17	7.60	38:45	5:05	3	1:18	24	1:46
Finish	3.00	13:03	4:21	2	0:36	6	0:51	10.60	51:48	4:53	3	1:54	7	3:08