



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Prenzel, Daniela

Club: VFL 28 Ellrich

Number: 1690

Course: 10.60 km

Geländelauf

Category:

Frauen W40

Total time: 55:09

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 112 (of 171)

Rank in course/Women: 8 (of 31)

Best time in course: 48:40

Rank in category: 5(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	41:54	5:30	5	5:26	10	5:26	7.60	41:54	5:30	5	5:26	23	4:55
Finish	3.00	13:15	4:25	5	1:03	8	1:03	10.60	55:09	5:12	5	6:29	8	6:29