



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kämper, Anke

Club: Ecklingerode

Number: 1717

Course: 10.60 km

Geländelauf

Category:

Frauen W30

Total time: 55:37

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 117 (of 171)

Rank in course/Women: 9 (of 31)

Best time in course: 48:40

Rank in category: 1(of 3)

Best time in the category: 55:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	41:34	5:28	1	-	8	5:06	7.60	41:34	5:28	1	-	22	4:35
Finish	3.00	14:03	4:41	1	-	12	1:51	10.60	55:37	5:14	1	-	9	6:57