



# 5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

## Detailed evaluation

**Bernhardt, Franziska**

Club: Treffurt

Number: 1756

Course: 10.60 km

Geländelauf

Category:

Frauen W20

Total time: 56:42

Speed: 10.58 km/h

Running performance: 5:21 min/km

Rank in course/Total: 127 (of 171)

Rank in course/Women: 11 (of 31)

Best time in course: 48:40

Rank in category: 1(of 2)

Best time in the category: 56:42

### Intermediate times

### Stage score

### Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|            |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Adolfsburg | 7.60        | 42:28         | 5:35            | 1           | -              | 11           | 6:00            | 7.60          | 42:28         | 5:35            | 1           | -              | 20           | 5:29            |
| Finish     | 3.00        | 14:14         | 4:44            | 2           | 0:24           | 14           | 2:02            | 10.60         | 56:42         | 5:20            | 1           | -              | 11           | 8:02            |