



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: 11.22 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 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	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