



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Heim, Heidi

Club: Treffurt

Number: 1713

Course: 10.60 km

Geländelauf

Category:

Frauen W50

Total time: 57:51

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 132 (of 171)

Rank in course/Women: 13 (of 31)

Best time in course: 48:40

Rank in category: 1(of 1)

Best time in the category: 57:51

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	43:58	5:47	1	-	13	7:30	7.60	43:58	5:47	1	-	18	6:59
Finish	3.00	13:53	4:37	1	-	11	1:41	10.60	57:51	5:27	1	-	13	9:11