



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Liedtke, Gerlinde

Club: sc impuls erfurt

Number: 1699

Course: 10.60 km

Geländelauf

Category:

Frauen W55

Total time: 59:39

Speed: 10.06 km/h

Running performance: 5:38 min/km

Rank in course/Total: 142 (of 171)

Rank in course/Women: 15 (of 31)

Best time in course: 48:40

Rank in category: 1(of 3)

Best time in the category: 59:39

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	45:56	6:02	2	1:36	16	9:28	7.60	45:56	6:02	1	-	16	8:57
Finish	3.00	13:43	4:34	1	-	9	1:31	10.60	59:39	5:37	1	-	15	10:59