



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Räder, Anneliese

Club: LG Kaufungen

Number: 1768

Course: 10.60 km

Geländelauf

Category:

Frauen W55

Total time: 59:57

Speed: 10.01 km/h

Running performance: 5:40 min/km

Rank in course/Total: 144 (of 171)

Rank in course/Women: 16 (of 31)

Best time in course: 48:40

Rank in category: 2(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	44:20	5:50	1	-	14	7:52	7.60	44:20	5:50	2		15	7:21
Finish	3.00	15:37	5:12	2	1:54	22	3:25	10.60	59:57	5:39	2	0:18	16	11:17