



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Krieger, Katrin

Club: Weimar

Number: 1692

Course: 10.60 km

Geländelauf

Category:

Frauen W40

Total time: 1:00:29

Speed: 9.92 km/h

Running performance: 5:43 min/km

Rank in course/Total: 145 (of 171)

Rank in course/Women: 17 (of 31)

Best time in course: 48:40

Rank in category: 6(of 8)

Best time in the category: 48:40

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	46:15	6:05	6	9:47	19	9:47	7.60	46:15	6:05	6	9:47	14	9:16
Finish	3.00	14:14	4:44	6	2:02	14	2:02	10.60	1:00:29	5:42	6	11:49	17	11:49