



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Jacob, Anne

Club: Gerstungen

Number: 1687

Course: 10.60 km

Geländelauf

Category:

Frauen W35

Total time: 1:00:47

Speed: 9.87 km/h

Running performance: 5:44 min/km

Rank in course/Total: 149 (of 171)

Rank in course/Women: 18 (of 31)

Best time in course: 48:40

Rank in category: 4(of 8)

Best time in the category: 49:54

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	45:59	6:03	4	8:32	17	9:31	7.60	45:59	6:03	4	8:32	13	9:00
Finish	3.00	14:48	4:56	4	2:21	17	2:36	10.60	1:00:47	5:44	4	10:53	18	12:07