



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Trunk, Vera

Club: Eisenach

Number: 1738

Course: 10.60 km

Geländelauf

Category:

Frauen W35

Total time: 1:01:36

Speed: 9.74 km/h

Running performance: 5:49 min/km

Rank in course/Total: 151 (of 171)

Rank in course/Women: 19 (of 31)

Best time in course: 48:40

Rank in category: 5(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	46:36	6:07	6	9:09	20	10:08	7.60	46:36	6:07	5	9:09	12	9:37
Finish	3.00	15:00	5:00	5	2:33	18	2:48	10.60	1:01:36	5:48	5	11:42	19	12:56