



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Heilwagen, Heike

Club: Wutha-Farnroda

Number: 1712

Course: 10.60 km

Geländelauf

Category:

Frauen W45

Total time: 1:04:28

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 156 (of 171)

Rank in course/Women: 22 (of 31)

Best time in course: 48:40

Rank in category: 1(of 2)

Best time in the category: 1:04:28

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 | 48:45 | 6:24 | 1 | - | 22 | 12:17 | 7.60 | 48:45 | 6:24 | 1 | - | 9 | 11:46 |
| Finish | 3.00 | 15:43 | 5:14 | 1 | - | 23 | 3:31 | 10.60 | 1:04:28 | 6:04 | 1 | - | 22 | 15:48 |