



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