



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Helle, Katrin

Club: Lauffreunde Gotha

Number: 1695

Course: 10.60 km

Geländelauf

Category:

Frauen W40

Total time: 1:05:25

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 158 (of 171)

Rank in course/Women: 23 (of 31)

Best time in course: 48:40

Rank in category: 7(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	49:24	6:30	7	12:56	23	12:56	7.60	49:24	6:30	7	12:56	8	12:25
Finish	3.00	16:01	5:20	7	3:49	25	3:49	10.60	1:05:25	6:10	7	16:45	23	16:45