



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Seiffert, Anni

Club: Hainichläufer

Number: 1790

Course: 10.60 km

Geländelauf

Category:

Frauen W60

Total time: 1:05:28

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 159 (of 171)

Rank in course/Women: 24 (of 31)

Best time in course: 48:40

Rank in category: 2(of 2)

Best time in the category: 1:03:21

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	50:09	6:35	2	2:01	25	13:41	7.60	50:09	6:35	2	2:01	7	13:10
Finish	3.00	15:19	5:06	2	0:06	20	3:07	10.60	1:05:28	6:10	2	2:07	24	16:48