



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Merten, Ellen

Club: RLV Langewiesen

Number: 1688

Course: 10.60 km

Geländelauf

Category:

Frauen W35

Total time: 1:07:59

Speed: 9.36 km/h

Running performance: 6:25 min/km

Rank in course/Total: 162 (of 171)

Rank in course/Women: 26 (of 31)

Best time in course: 48:40

Rank in category: 7(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.	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	51:25	6:45	7	13:58	26	14:57	7.60	51:25	6:45	7	13:58	5	14:26
Finish	3.00	16:34	5:31	7	4:07	26	4:22	10.60	1:07:59	6:24	7	18:05	26	19:19