



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Steinke, Gudrun

Club: Saalfelder LV

Number: 1703

Course: 10.60 km

Geländelauf

Category:

Frauen W70

Total time: 1:11:39

Speed: 8.37 km/h

Running performance: 6:46 min/km

Rank in course/Total: 164 (of 171)

Rank in course/Women: 28 (of 31)

Best time in course: 48:40

Rank in category: 1(of 1)

Best time in the category: 1:11:39

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	54:00	7:06	1	-	28	17:32	7.60	54:00	7:06	1	-	3	17:01
Finish	3.00	17:39	5:52	1	-	28	5:27	10.60	1:11:39	6:45	1	-	28	22:59