



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben

Number: 1701

Course: 10.60 km

Geländelauf

Category:

Frauen W55

Total time: 1:13:11

Speed: 8.20 km/h

Running performance: 6:54 min/km

Rank in course/Total: 165 (of 171)

Rank in course/Women: 29 (of 31)

Best time in course: 48:40

Rank in category: 3(of 3)

Best time in the category: 59:39

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 | 56:26 | 7:25 | 3 | 12:06 | 29 | 19:58 | 7.60 | 56:26 | 7:25 | 3 | 10:30 | 2 | 19:27 |
| Finish | 3.00 | 16:45 | 5:34 | 3 | 3:02 | 27 | 4:33 | 10.60 | 1:13:11 | 6:54 | 3 | 13:32 | 29 | 24:31 |