



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: 8.69 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