



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Zscharnt, Ina

Club: DAV Inselberg

Number: 1686

Course: 10.60 km

Geländelauf

Category:

Frauen W35

Total time: 1:29:45

Speed: 7.09 km/h

Running performance: 8:28 min/km

Rank in course/Total: 169 (of 171)

Rank in course/Women: 30 (of 31)

Best time in course: 48:40

Rank in category: 8(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.60	1:06:00	8:41	8	28:33	30	29:32	7.60	1:06:00	8:41	8	28:33	30	29:01
Finish	3.00	23:45	7:55	8	11:18	30	11:33	10.60	1:29:45	8:28	8	39:51	30	41:05