



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Bischoff, Monika

Club: VFL 28 Ellrich

Number: 1697

Course: 10.60 km

Geländelauf

Category:

Frauen W40

Total time: 1:30:35

Speed: 7.02 km/h

Running performance: 8:33 min/km

Rank in course/Total: 170 (of 171)

Rank in course/Women: 31 (of 31)

Best time in course: 48:40

Rank in category: 8(of 8)

Best time in the category: 48:40

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 | 1:06:43 | 8:46 | 8 | 30:15 | 31 | 30:15 | 7.60 | 1:06:43 | 8:46 | 8 | 30:15 | 31 | 29:44 |
| Finish | 3.00 | 23:52 | 7:57 | 8 | 11:40 | 31 | 11:40 | 10.60 | 1:30:35 | 8:32 | 8 | 41:55 | 31 | 41:55 |