



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: 6.62 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