



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Tschernig, Bettina

Club: SV 1899 Mühlhausen

Number: 2007

Course: 10.10 km

Geländelauf

Category:

Frauen W40

Total time: 41:58

Speed: 14.30 km/h

Running performance: 4:10 min/km

Rank in course/Total: 26 (of 178)

Rank in course/Women: 1 (of 39)

Best time in course: 41:58

Rank in category: 1(of 8)

Best time in the category: 41:58

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	7.20	30:53	4:17	1	-	1	-	7.20	30:53	4:17	1	-	21	
Finish	3.00	11:05	3:41	1	-	1	-	10.10	41:58	4:09	1	-	1	-