



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Krause, Romana

Club: Sportteam Steinbach Meiningen
Number: 2105

Course: 10.10 km
Geländelauf

Category:
Frauen W45

Total time: 43:43

Speed: 13.72 km/h
Running performance: 4:20 min/km

Rank in course/Total: 42 (of 178)

Rank in course/Women: 2 (of 39)

Best time in course: 41:58

Rank in category: 1(of 8)

Best time in the category: 43:43

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	32:15	4:28	1	-	2	1:22	7.20	32:15	4:28	1	-	11	
Finish	3.00	11:28	3:49	1	-	2	0:23	10.10	43:43	4:19	1	-	2	1:45