



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Räder, Melanie

Club: TSV Heiligenrode

Number: 2144

Course: 10.10 km

Geländelauf

Category:

Frauen W30

Total time: 47:20

Speed: 12.68 km/h

Running performance: 4:41 min/km

Rank in course/Total: 68 (of 178)

Rank in course/Women: 3 (of 39)

Best time in course: 41:58

Rank in category: 1(of 4)

Best time in the category: 47:20

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	35:03	4:52	1	-	3	4:10	7.20	35:03	4:52	1	-	22		
Finish	3.00	12:17	4:05	2	0:21	7	1:12	10.10	47:20	4:41	1	-	3	5:22	