



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Hoßfeld, Jana

Club: Winterstein

Number: 2090

Course: 10.10 km

Geländelauf

Category:

Frauen W30

Total time: 47:33

Speed: 12.62 km/h

Running performance: 4:43 min/km

Rank in course/Total: 71 (of 178)

Rank in course/Women: 4 (of 39)

Best time in course: 41:58

Rank in category: 2(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	35:37	4:56	2	0:34	4	4:44	7.20	35:37	4:56	2	0:34	23		
Finish	3.00	11:56	3:58	1	-	3	0:51	10.10	47:33	4:42	2	0:13	4	5:35	