



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wagner, Heike

Club: Saalfelder LV

Number: 2025

Course: 10.10 km

Geländelauf

Category:

Frauen W45

Total time: 48:14

Speed: 12.44 km/h

Running performance: 4:47 min/km

Rank in course/Total: 74 (of 178)

Rank in course/Women: 5 (of 39)

Best time in course: 41:58

Rank in category: 2(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	35:58	4:59	2	3:43	5	5:05	7.20	35:58	4:59	2	3:43	24		
Finish	3.00	12:16	4:05	2	0:48	6	1:11	10.10	48:14	4:46	2	4:31	5	6:16	