



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Romming, Nicole

Club: Fitnessoase Ohrdruf

Number: 2099

Course: 10.10 km

Geländelauf

Category:

Frauen W35

Total time: 50:01

Speed: 12.00 km/h

Running performance: 4:57 min/km

Rank in course/Total: 91 (of 178)

Rank in course/Women: 8 (of 39)

Best time in course: 41:58

Rank in category: 1(of 7)

Best time in the category: 50:01

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	37:18	5:10	1	-	8	6:25	7.20	37:18	5:10	1	-	27	
Finish	3.00	12:43	4:14	1	-	8	1:38	10.10	50:01	4:57	1	-	8	8:03