



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Reinz, Claudia

Club: SV Normania Treffurt

Number: 2079

Course: 10.10 km

Geländelauf

Category:

Frauen W35

Total time: 50:22

Speed: 11.91 km/h

Running performance: 4:59 min/km

Rank in course/Total: 96 (of 178)

Rank in course/Women: 9 (of 39)

Best time in course: 41:58

Rank in category: 2(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	37:33	5:12	2	0:15	9	6:40	7.20	37:33	5:12	2	0:15	28		
Finish	3.00	12:49	4:16	2	0:06	9	1:44	10.10	50:22	4:59	2	0:21	9	8:24	