



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kämper, Anke

Club: fit&run

Number: 2002

Course: 10.10 km

Geländelauf

Category:

Frauen W30

Total time: 50:55

Speed: 11.78 km/h

Running performance: 5:02 min/km

Rank in course/Total: 103 (of 178)

Rank in course/Women: 10 (of 39)

Best time in course: 41:58

Rank in category: 3(of 4)

Best time in the category: 47:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Adolfsburg	7.20	38:02	5:16	3	2:59	10	7:09	7.20	38:02	5:16	3	2:59	29	
Finish	3.00	12:53	4:17	3	0:57	10	1:48	10.10	50:55	5:02	3	3:35	10	8:57