



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Gronke, Viola

Club: SV 90 Umpferstedt

Number: 2065

Course: 10.10 km

Geländelauf

Category:

Frauen W35

Total time: 52:19

Speed: 11.47 km/h

Running performance: 5:11 min/km

Rank in course/Total: 110 (of 178)

Rank in course/Women: 11 (of 39)

Best time in course: 41:58

Rank in category: 3(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	38:26	5:20	3	1:08	11	7:33	7.20	38:26	5:20	3	1:08	30		
Finish	3.00	13:53	4:37	6	1:10	19	2:48	10.10	52:19	5:10	3	2:18	11	10:21	