



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kühn, Daniela

Club: VfL 28 Ellrich

Number: 2148

Course: 10.10 km

Geländelauf

Category:

Frauen W40

Total time: 52:24

Speed: 11.45 km/h

Running performance: 5:11 min/km

Rank in course/Total: 112 (of 178)

Rank in course/Women: 12 (of 39)

Best time in course: 41:58

Rank in category: 3(of 8)

Best time in the category: 41:58

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	39:25	5:28	3	8:32	13	8:32	7.20	39:25	5:28	3	8:32	31		
Finish	3.00	12:59	4:19	3	1:54	11	1:54	10.10	52:24	5:11	3	10:26	12	10:26	