



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Ebinger, Nadine

Club: Ilmenau

Number: 2143

Course: 10.10 km

Geländelauf

Category:

Frauen W20

Total time: 52:56

Speed: 11.34 km/h

Running performance: 5:14 min/km

Rank in course/Total: 114 (of 178)

Rank in course/Women: 13 (of 39)

Best time in course: 41:58

Rank in category: 1(of 3)

Best time in the category: 52:56

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	38:57	5:24	1	-	12	8:04	7.20	38:57	5:24	1	-	32	
Finish	3.00	13:59	4:39	3	0:15	21	2:54	10.10	52:56	5:14	1	-	13	10:58