



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Reinz, Michaela

Club: SV Normania Treffurt

Number: 2154

Course: 10.10 km

Geländelauf

Category:

Frauen W35

Total time: 53:32

Speed: 11.21 km/h

Running performance: 5:18 min/km

Rank in course/Total: 117 (of 178)

Rank in course/Women: 14 (of 39)

Best time in course: 41:58

Rank in category: 4(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.20	39:47	5:31	4	2:29	14	8:54	7.20	39:47	5:31	4	2:29	33	
Finish	3.00	13:45	4:34	4	1:02	16	2:40	10.10	53:32	5:18	4	3:31	14	11:34