



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. | 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 | 39:47 | 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 | |