



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Gerlach, Astrid

Club: Creuzburg

Number: 2097

Course: 10.10 km

Geländelauf

Category:

Frauen W35

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:18 min/km

Rank in course/Total: 118 (of 178)

Rank in course/Women: 15 (of 39)

Best time in course: 41:58

Rank in category: 5(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	40:01	5:33	5	2:43	16	9:08	7.20	40:01	5:33	5	2:43	34		
Finish	3.00	13:33	4:30	3	0:50	13	2:28	10.10	53:34	5:18	5	3:33	15	11:36	