



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Bernhardt, Franziska

Club: SV Normania Treffurt

Number: 2164

Course: 10.10 km

Geländelauf

Category:

Frauen W20

Total time: 53:44

Speed: 11.17 km/h

Running performance: 5:19 min/km

Rank in course/Total: 119 (of 178)

Rank in course/Women: 16 (of 39)

Best time in course: 41:58

Rank in category: 2(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	39:53	5:32	2	0:56	15	9:00	7.20	39:53	5:32	2	0:56	35		
Finish	3.00	13:51	4:36	2	0:07	18	2:46	10.10	53:44	5:19	2	0:48	16	11:46	