



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Freitag, Marion

Club: Saalfelder LV

Number: 2040

Course: 10.10 km

Geländelauf

Category:

Frauen W55

Total time: 53:53

Speed: 11.14 km/h

Running performance: 5:20 min/km

Rank in course/Total: 120 (of 178)

Rank in course/Women: 17 (of 39)

Best time in course: 41:58

Rank in category: 1(of 3)

Best time in the category: 53:53

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	40:31	5:37	1	-	17	9:38	7.20	40:31	5:37	1	-	36	
Finish	3.00	13:22	4:27	1	-	12	2:17	10.10	53:53	5:20	1	-	17	11:55