



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Kubis, Dagmar

Club: sc impuls Erfurt

Number: 2193

Course: 10.10 km

Geländelauf

Category:

Frauen W45

Total time: 55:35

Speed: 10.79 km/h

Running performance: 5:30 min/km

Rank in course/Total: 134 (of 178)

Rank in course/Women: 18 (of 39)

Best time in course: 41:58

Rank in category: 3(of 8)

Best time in the category: 43:43

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	41:39	5:47	3	9:24	18	10:46	7.20	41:39	5:47	3	9:24	20		
Finish	3.00	13:56	4:38	3	2:28	20	2:51	10.10	55:35	5:30	3	11:52	18	13:37	