



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Jacob, Anne

Club: Gerstungen

Number: 2191

Course: 10.10 km

Geländelauf

Category:

Frauen W35

Total time: 55:39

Speed: 10.78 km/h

Running performance: 5:31 min/km

Rank in course/Total: 137 (of 178)

Rank in course/Women: 19 (of 39)

Best time in course: 41:58

Rank in category: 6(of 7)

Best time in the category: 50:01

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.20	41:50	5:48	6	4:32	20	10:57	7.20	41:50	5:48	6	4:32	37	
Finish	3.00	13:49	4:36	5	1:06	17	2:44	10.10	55:39	5:30	6	5:38	19	13:41