



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Jendryan, Petra

Club: Lauffreunde Gotha

Number: 2012

Course: 10.10 km

Geländelauf

Category:

Frauen W45

Total time: 56:41

Speed: 10.59 km/h

Running performance: 5:37 min/km

Rank in course/Total: 138 (of 178)

Rank in course/Women: 20 (of 39)

Best time in course: 41:58

Rank in category: 4(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	42:18	5:52	4	10:03	21	11:25	7.20	42:18	5:52	4	10:03	2		
Finish	3.00	14:23	4:47	4	2:55	23	3:18	10.10	56:41	5:36	4	12:58	20	14:43	