



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Temmler, Silke

Club: SV Normania Treffurt

Number: 2146

Course: 10.10 km

Geländelauf

Category:

Frauen W40

Total time: 56:46

Speed: 10.57 km/h

Running performance: 5:37 min/km

Rank in course/Total: 139 (of 178)

Rank in course/Women: 21 (of 39)

Best time in course: 41:58

Rank in category: 4(of 8)

Best time in the category: 41:58

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	41:48	5:48	4	10:55	19	10:55	7.20	41:48	5:48	4	10:55	3		
Finish	3.00	14:58	4:59	5	3:53	27	3:53	10.10	56:46	5:37	4	14:48	21	14:48	