



# 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: 10.68 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|            |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |  |