



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Liedtke, Gerlinde

Club: sc impuls erfurt e.V.

Number: 2050

Course: 10.10 km

Geländelauf

Category:

Frauen W55

Total time: 56:58

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 141 (of 178)

Rank in course/Women: 22 (of 39)

Best time in course: 41:58

Rank in category: 2(of 3)

Best time in the category: 53:53

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	43:18	6:00	2	2:47	22	12:25	7.20	43:18	6:00	2	2:47	4		
Finish	3.00	13:40	4:33	2	0:18	14	2:35	10.10	56:58	5:38	2	3:05	22	15:00	