



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Preiß, Eva-Maria

Club: Sportfreunde Thüringer Wald

Number: 2187

Course: 10.10 km

Geländelauf

Category:

Frauen W20

Total time: 57:22

Speed: 10.46 km/h

Running performance: 5:41 min/km

Rank in course/Total: 146 (of 178)

Rank in course/Women: 23 (of 39)

Best time in course: 41:58

Rank in category: 3(of 3)

Best time in the category: 52:56

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	43:38	6:03	3	4:41	25	12:45	7.20	43:38	6:03	3	4:41	5		
Finish	3.00	13:44	4:34	1	-	15	2:39	10.10	57:22	5:40	3	4:26	23	15:24	