



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Heim, Heidi

Club: SV Normania Treffurt

Number: 2161

Course: 10.10 km

Geländelauf

Category:

Frauen W50

Total time: 57:34

Speed: 10.42 km/h

Running performance: 5:42 min/km

Rank in course/Total: 148 (of 178)

Rank in course/Women: 24 (of 39)

Best time in course: 41:58

Rank in category: 2(of 2)

Best time in the category: 48:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.20	43:26	6:01	2	6:43	23	12:33	7.20	43:26	6:01	2	6:43	6	
Finish	3.00	14:08	4:42	2	2:11	22	3:03	10.10	57:34	5:41	2	8:54	24	15:36