



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Mähler, Sally

Club: SV Günthersleben

Number: 2181

Course: 10.10 km

Geländelauf

Category:

Frauen W30

Total time: 1:02:01

Speed: 9.67 km/h

Running performance: 6:08 min/km

Rank in course/Total: 164 (of 178)

Rank in course/Women: 30 (of 39)

Best time in course: 41:58

Rank in category: 4(of 4)

Best time in the category: 47:20

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	46:12	6:25	4	11:09	28	15:19	7.20	46:12	6:25	4	11:09	1	-
Finish	3.00	15:49	5:16	4	3:53	31	4:44	10.10	1:02:01	6:08	4	14:41	30	20:03