



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Fehr, Carmen

Club: SV NormaniaTreffurt

Number: 2156

Course: 10.10 km

Geländelauf

Category:

Frauen W45

Total time: 1:02:43

Speed: 9.57 km/h

Running performance: 6:13 min/km

Rank in course/Total: 166 (of 178)

Rank in course/Women: 32 (of 39)

Best time in course: 41:58

Rank in category: 5(of 8)

Best time in the category: 43:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	47:34	6:36	6	15:19	32	16:41	7.20	47:34	6:36	5	15:19	13	1:22
Finish	3.00	15:09	5:02	5	3:41	28	4:04	10.10	1:02:43	6:12	5	19:00	32	20:45