



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Helle, Katrin

Club: Lauffreunde Gotha

Number: 2037

Course: 10.10 km

Geländelauf

Category:

Frauen W45

Total time: 1:03:34

Speed: 9.44 km/h

Running performance: 6:17 min/km

Rank in course/Total: 168 (of 178)

Rank in course/Women: 33 (of 39)

Best time in course: 41:58

Rank in category: 6(of 8)

Best time in the category: 43:43

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	47:25	6:35	5	15:10	31	16:32	7.20	47:25	6:35	6	15:10	14	1:13
Finish	3.00	16:09	5:22	6	4:41	32	5:04	10.10	1:03:34	6:17	6	19:51	33	21:36