



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Rommel, Barbara

Club: SV Normania Treffurt

Number: 2001

Course: 10.10 km

Geländelauf

Category:

Frauen W45

Total time: 1:04:04

Speed: 9.37 km/h

Running performance: 6:20 min/km

Rank in course/Total: 169 (of 178)

Rank in course/Women: 34 (of 39)

Best time in course: 41:58

Rank in category: 7(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Adolfsburg	7.20	47:35	6:36	7	15:20	33	16:42	7.20	47:35	6:36	7	15:20	15	1:23
Finish	3.00	16:29	5:29	7	5:01	34	5:24	10.10	1:04:04	6:20	7	20:21	34	22:06