



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben

Number: 2029

Course: 10.10 km

Geländelauf

Category:

Frauen W55

Total time: 1:06:01

Speed: 9.09 km/h

Running performance: 6:32 min/km

Rank in course/Total: 172 (of 178)

Rank in course/Women: 35 (of 39)

Best time in course: 41:58

Rank in category: 3(of 3)

Best time in the category: 53:53

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	49:35	6:53	3	9:04	35	18:42	7.20	49:35	6:53	3	9:04	16	3:23
Finish	3.00	16:26	5:28	3	3:04	33	5:21	10.10	1:06:01	6:32	3	12:08	35	24:03