



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Wille, Doris

Club: Nordhausen

Number: 2098

Course: 10.10 km

Geländelauf

Category:

Frauen W45

Total time: 1:06:07

Speed: 9.07 km/h

Running performance: 6:33 min/km

Rank in course/Total: 173 (of 178)

Rank in course/Women: 36 (of 39)

Best time in course: 41:58

Rank in category: 8(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	49:05	6:49	8	16:50	34	18:12	7.20	49:05	6:49	8	16:50	17	2:53
Finish	3.00	17:02	5:40	8	5:34	36	5:57	10.10	1:06:07	6:32	8	22:24	36	24:09