



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Moseberg, Marika

Club: Mihla

Number: 2170

Course: 10.10 km

Geländelauf

Category:

Frauen W40

Total time: 1:07:03

Speed: 8.95 km/h

Running performance: 6:38 min/km

Rank in course/Total: 174 (of 178)

Rank in course/Women: 37 (of 39)

Best time in course: 41:58

Rank in category: 7(of 8)

Best time in the category: 41:58

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	50:11	6:58	7	19:18	36	19:18	7.20	50:11	6:58	7	19:18	18	3:59
Finish	3.00	16:52	5:37	7	5:47	35	5:47	10.10	1:07:03	6:38	7	25:05	37	25:05