



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Steinke, Gudrun

Club: Saalfelder LV

Number: 2150

Course: 10.10 km

Geländelauf

Category:

Frauen W70

Total time: 1:11:14

Speed: 8.42 km/h

Running performance: 7:03 min/km

Rank in course/Total: 176 (of 178)

Rank in course/Women: 38 (of 39)

Best time in course: 41:58

Rank in category: 1(of 1)

Best time in the category: 1:11:14

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	53:05	7:22	1	-	37	22:12	7.20	53:05	7:22	1	-	19	6:53
Finish	3.00	18:09	6:02	1	-	37	7:04	10.10	1:11:14	7:03	1	-	38	29:16