



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

Worch, Alexandra

Club: SV Kreaton Großengottern  
Number: 1886

Course: 5.50 km  
Geländelauf

Category:  
weibliche Schüler B

Total time: 28:43

Speed: 10.45 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 25 (of 78)  
Rank in course/Women: 8 (of 33)  
Best time in course: 23:33

Rank in category: 3(of 8)  
Best time in the category: 25:41