



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

Ruhlandt, Kristin

Club: SG Grün Weiß Großburschla ev  
Number: 1868

Course: 5.50 km  
Geländelauf

Category:  
Frauen W30

Total time: 33:37

Speed: 8.92 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 47 (of 78)  
Rank in course/Women: 17 (of 33)  
Best time in course: 23:33

Rank in category: 3(of 3)  
Best time in the category: 29:17