



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

Fricke, Christin

Club: VfL 28 Ellrich  
Number: 1838

Course: 5.50 km  
Geländelauf

Category:  
Frauen W20

Total time: 37:05

Speed: 8.09 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 64 (of 78)  
Rank in course/Women: 24 (of 33)  
Best time in course: 23:33

Rank in category: 4(of 6)  
Best time in the category: 29:11