



10. Kirschlauf
Kleinfahrer / 13.06.2010

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt
Number: 162

Course: 14.00 km
Hauptlauf

Category:
Frauen W45

Total time: 1:18:44

Speed: 10.67 km/h
Running performance: 5:37 min/km

Rank in course/Total: 119 (of 252)

Rank in course/Women: 8 (of 54)

Best time in course: 1:06:53

Rank in category: 3(of 12)

Best time in the category: 1:12:29

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 | |
| Posten | 8.30 | 47:12 | 5:41 | 3 | 5:12 | 9 | 7:42 | 8.30 | 47:12 | 5:41 | 3 | 5:12 | 35 | | |
| Finish | 5.70 | 31:32 | 5:31 | 3 | 1:03 | 6 | 4:09 | 14.00 | 1:18:44 | 5:37 | 3 | 6:15 | 8 | 11:51 | |