



11. Kirschlauf des USV Erfurt  
Kleinfahrer / 12.06.2011

Detailed evaluation

Fritzlar, Heike

Club: Laufmaus Heike  
Number: 31

Course: 14.00 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:20:52

Speed: 10.39 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 86 (of 174)

Rank in course/Women: 5 (of 47)

Best time in course: 1:11:17

Rank in category: 1(of 8)

Best time in the category: 1:20:52

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	47:11	5:41	1	-	5	5:10	8.30	47:11	5:41	1	-	29	
Finish	5.70	33:41	5:54	1	-	6	4:25	14.00	1:20:52	5:46	1	-	5	9:35