



20. Gothaer City-Lauf

Gotha / 12.05.2013

Detailed evaluation

Lauerwald, Heike

Club: SV Sömmerda

Number: 210

Course: 11.10 km

City-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 56:48

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 136 (of 228)

Rank in course/Women: 17 (of 45)

Best time in course: 47:26

Rank in category: 2(of 7)

Best time in the category: 52:31