



2. Herzog-Georg Lauf
Meiningen / 15.06.2013

Detailed evaluation

Koch, Heike

Club: TSSC Erfurt
Number: 4091

Course: 12.00 km
Hauptlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:13

Speed: 12.81 km/h
Running performance: 4:41 min/km

Rank in course/Total: 50 (of 127)

Rank in course/Women: 5 (of 40)

Best time in course: 52:11

Rank in category: 1(of 6)

Best time in the category: 56:13