



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

Ludewig, Heiko

Club: LTV Erfurt  
Number: 282

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 51:54

Speed: 16.18 km/h  
Running performance: 3:43 min/km

Rank in course/Total: 3 (of 256)

Rank in course/Men: 3 (of 185)

Best time in course: 48:53

Rank in category: 1(of 26)

Best time in the category: 51:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Posten	7.50	31:08	4:09	1	-	3	1:28	7.50	31:08	4:09	24	-	9	
Finish	6.50	20:46	3:11	1	-	3	1:33	14.00	51:54	3:42	1	-	3	3:01