



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

Lauerwald, Heike

Club: SV Sömmerda  
Number: 20

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:18:52

Speed: 10.65 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 133 (of 256)

Rank in course/Women: 15 (of 71)

Best time in course: 1:01:31

Rank in category: 3(of 12)

Best time in the category: 1:18:14

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	7.50	47:38	6:21	2	0:17	14	10:22	7.50	47:38	6:21	3	0:17	39		
Finish	6.50	31:14	4:48	3	0:21	17	6:59	14.00	1:18:52	5:37	3	0:38	15	17:21	