



13. Kirschlauf  
Kleinfahner / 16.06.2013

Detailed evaluation

Theeg, Katrin

Club: SV-Emsetal  
Number: 117

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:20:06

Speed: 10.49 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 143 (of 256)

Rank in course/Women: 18 (of 71)

Best time in course: 1:01:31

Rank in category: 3(of 19)

Best time in the category: 1:07:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Posten	7.50	48:42	6:29	3	8:00	18	11:26	7.50	48:42	6:29	17		46	
Finish	6.50	31:24	4:49	3	4:19	19	7:09	14.00	1:20:06	5:43	3	12:19	18	18:35