



13. Kirschlauf  
Kleinfahner / 16.06.2013

Detailed evaluation

John, Heike

Club: USV Erfurt  
Number: 179

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:28:28

Speed: 9.50 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 203 (of 256)

Rank in course/Women: 41 (of 71)

Best time in course: 1:01:31

Rank in category: 7(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	54:06	7:12	8	6:45	43	16:50	7.50	54:06	7:12	7	6:45	14		
Finish	6.50	34:22	5:17	7	3:29	39	10:07	14.00	1:28:28	6:19	7	10:14	41	26:57	