



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

Gerhardt, Heike

Club: Seelow  
Number: 10

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:39:32

Speed: 8.44 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 239 (of 256)

Rank in course/Women: 63 (of 71)

Best time in course: 1:01:31

Rank in category: 17(of 19)

Best time in the category: 1:07:47

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|         |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Posten  | 7.50        | 59:50         | 7:58            | 17          | 19:08          | 63           | 22:34           | 7.50          | 59:50         | 7:58            | 4           | 5:52           | 19           | 5:14            |
| Finish  | 6.50        | 39:42         | 6:06            | 17          | 12:37          | 62           | 15:27           | 14.00         | 1:39:32       | 7:06            | 17          | 31:45          | 63           | 38:01           |