



13. Kirschlauf  
Kleinfahner / 16.06.2013

Detailed evaluation

Ratzlow, Cordula

Club: Kath. Laufjugend Arnstadt  
Number: 283

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:42:50

Speed: 8.17 km/h  
Running performance: 7:21 min/km

Rank in course/Total: 243 (of 256)

Rank in course/Women: 64 (of 71)

Best time in course: 1:01:31

Rank in category: 18(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	1:02:03	8:16	18	21:21	65	24:47	7.50	1:02:03	8:16	3	8:05	27	7:27
Finish	6.50	40:47	6:16	18	13:42	65	16:32	14.00	1:42:50	7:20	18	35:03	64	41:19