



34. Wartburglauf  
Eisenach / 29.09.2013

## Detailed evaluation

Lauerwald, Heike

Club: SV Sömmerda

Number: 81

Course: 12.50 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:07:54

Speed: 10.60 km/h

Running performance: 5:26 min/km

Rank in course/Total: 174 (of 254)

Rank in course/Women: 32 (of 68)

Best time in course: 52:34

Rank in category: 7(of 14)

Best time in the category: 54:03