



# 11. Town&Country Rennsteigquerung 2014

Bad Salzungen / 01.06.2014

## Detailed evaluation

**Lauerwald, Heike**

Club: SV Sömmerda e.V.

Number: 163

Course: 21.10 km

Halbmarathon (Lauf)

Category:

Seniorinnen W45

Total time: 2:00:36

Speed: 10.45 km/h

Running performance: 5:43 min/km

Rank in course/Total: 70 (of 119)

Rank in course/Women: 12 (of 36)

Best time in course: 1:36:51

Rank in category: 5(of 12)

Best time in the category: 1:46:34