



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Lauerwald, Heike

Club: SV Sömmerda e.V.

Number: 338

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 51:42

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 78 (of 109)

Rank in course/Women: 11 (of 20)

Best time in course: 43:48

Rank in category: 3(of 4)

Best time in the category: 47:19

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
Runde	2.50	12:16	4:54	1	-	8	1:33	2.50	12:16	4:54	1	-	16	
Runde	2.50	12:53	5:09	2	1:10	9	2:05	5.00	25:09	5:01	1	-	16	
Runde	2.50	13:20	5:20	3	1:28	11	2:09	7.50	38:29	5:07	1	-	18	
Finish	2.50	13:13	5:17	4	1:52	12	2:07	10.00	51:42	5:10	3	4:23	11	7:54