



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Lauerwald, Luisa

Club: SV Sömmerda e.V.

Number: 339

Course: 10.00 km

Lange Strecke

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 86 (of 109)

Rank in course/Women: 14 (of 20)

Best time in course: 43:48

Rank in category: 1(of 1)

Best time in the category: 53:06

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	12:27	4:58	1	-	13	1:44	2.50	12:27	4:58	1	-	4	
Runde	2.50	13:39	5:27	1	-	16	2:51	5.00	26:06	5:13	1	-	4	
Runde	2.50	13:47	5:30	1	-	14	2:36	7.50	39:53	5:19	1	-	4	0:42
Finish	2.50	13:13	5:17	1	-	12	2:07	10.00	53:06	5:18	1	-	14	9:18