



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

## Detailed evaluation

Gand, Lara

Club: Erfurt  
Number: 773

Course: 4.60 km  
4 km-Lauf (Schüler und Jedermann)

Category:  
Jedermann weiblich

Total time: 28:46

Speed: 8.34 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 39 (of 70)  
Rank in course/Women: 16 (of 36)  
Best time in course: 20:13

Rank in category: 10(of 26)  
Best time in the category: 20:13