



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Lorenz, Heike

Club: AWO  
Number: 62

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:42:23

Speed: 8.20 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 165 (of 179)

Rank in course/Women: 44 (of 51)

Best time in course: 1:04:42

Rank in category: 6(of 9)

Best time in the category: 1:15:59

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Kontrolle	5.80	43:12	7:26	9	11:32	47	15:40	5.80	43:12	7:26	9	11:32	47	15:40
Finish	8.20	59:11	7:13	6	14:52	43	22:01	14.00	1:42:23	7:18	6	26:24	44	37:41