



12. Kirschlauf des USV Erfurt
Kleinfahrer / 24.06.2012

Detailed evaluation

Rambow, Sascha

Club: Commerzbank
Number: 20

Course: 14.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:33:24

Speed: 8.99 km/h
Running performance: 6:40 min/km

Rank in course/Total: 178 (of 245)

Rank in course/Men: 142 (of 182)

Best time in course: 53:26

Rank in category: 13(of 21)

Best time in the category: 55:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Posten	8.30	51:52	6:14	14	19:08	139	20:09	8.30	51:52	6:14	10	2:26	142	20:09
Finish	5.70	41:32	7:17	15	18:33	148	19:49	14.00	1:33:24	6:40	13	37:41	142	39:58