



13. Kirschlauf
Kleinfahner / 16.06.2013

Detailed evaluation

Rambow, Sascha

Club: Commerzbank Erfurt
Number: 95

Course: 14.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:17:51

Speed: 10.79 km/h
Running performance: 5:34 min/km

Rank in course/Total: 120 (of 256)

Rank in course/Men: 109 (of 185)

Best time in course: 48:53

Rank in category: 14(of 21)

Best time in the category: 54:28

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	7.50	47:22	6:18	15	14:12	110	17:42	7.50	47:22	6:18	9	0:45	107	6:41
Finish	6.50	30:29	4:41	13	9:11	107	11:16	14.00	1:17:51	5:33	14	23:23	109	28:58