



14. Kirschlauf  
Kleinfahner / 15.06.2014

## Detailed evaluation

**Rambow, Sascha**

Club: Commerzbank Erfurt  
Number: 31

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:34:00

Speed: 8.94 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 202 (of 222)

Rank in course/Men: 156 (of 166)

Best time in course: 52:15

Rank in category: 24(of 25)

Best time in the category: 52:45