



Erfurt 1 Marathon
Erfurt / 30.08.2014

Detailed evaluation

Steffens, Knut

Number: 49

Course: 42.20 km
Marathon Einrad

Category:
Männer

Total time: 3:10:46

Speed: 13.21 km/h

Running performance: 4:31 min/km

Rank in course/Total: 1 (of 14)

Rank in course/Men: 1 (of 10)

Best time in course: 3:10:46

Rank in category: 1(of 10)

Best time in the category: 3:10:46

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Gubener St	5.40	fehlt!	-	-	-	-	-	5.40	-	-	-	-	-	-
VP2 - Nordpark	4.80	42:14	8:47	10	25:08	10	25:08	10.20	42:14	4:08	2	-	2	-
VP3 - Pfaffenstie	10.90	56:38	5:11	1	-	1	-	21.10	1:38:52	4:41	1	-	1	-
VP4 - Walterslebi	4.90	32:32	6:38	1	-	1	-	26.00	2:11:24	5:03	1	-	1	-
VP5 - Waldhaus	4.00	fehlt!	-	-	-	-	-	30.00	-	-	-	-	-	-
Nordpark Erfurt	12.20	59:22	4:51	1	-	1	-	42.20	3:10:46	4:31	1	-	1	-