



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Debertshäuser, Steffi

Club: SV-Sömmerda

Number: 426

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 43:48

Speed: 13.70 km/h

Running performance: 4:23 min/km

Rank in course/Total: 29 (of 109)

Rank in course/Women: 1 (of 20)

Best time in course: 43:48

Rank in category: 1 (of 5)

Best time in the category: 43:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde	2.50	10:43	4:17	1	-	1	-	2.50	10:43	4:17	1	-	11		
Runde	2.50	10:48	4:19	1	-	1	-	5.00	21:31	4:18	1	-	11		
Runde	2.50	11:11	4:28	1	-	1	-	7.50	32:42	4:21	1	-	11		
Finish	2.50	11:06	4:26	1	-	1	-	10.00	43:48	4:22	1	-	1		-