



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Rambow, Sascha

Club: Commerzbank

Number: 354

Course: 10.00 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:13

Speed: 12.98 km/h

Running performance: 4:37 min/km

Rank in course/Total: 46 (of 109)

Rank in course/Men: 45 (of 89)

Best time in course: 32:30

Rank in category: 6(of 11)

Best time in the category: 39:53

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	
Runde	2.50	10:38	4:15	4	1:33	33	2:37	2.50	10:38	4:15	9	0:55	43		
Runde	2.50	11:25	4:33	4	1:42	39	3:11	5.00	22:03	4:24	9	2:07	43		
Runde	2.50	12:09	4:51	7	1:42	54	3:46	7.50	34:12	4:33	8	3:42	41		
Finish	2.50	12:01	4:48	7	1:35	54	4:09	10.00	46:13	4:37	6	6:20	45	13:43	