



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

## Detailed evaluation

Schirmbacher, Odette

Club: Erfurt  
Number: 361

Course: 10.00 km  
Lange Strecke

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 49:57

Speed: 12.01 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 71 (of 109)

Rank in course/Women: 8 (of 20)

Best time in course: 43:48

Rank in category: 3(of 5)

Best time in the category: 43:48

### Intermediate times

### Stage score

### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|         |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |  |
| Runde   | 2.50        | 11:51         | 4:44            | 3           | 1:08           | 5            | 1:08            | 2.50          | 11:51         | 4:44            | 5           | 1:08           | 6            |                 |  |
| Runde   | 2.50        | 12:40         | 5:03            | 3           | 1:52           | 7            | 1:52            | 5.00          | 24:31         | 4:54            | 5           | 3:00           | 6            |                 |  |
| Runde   | 2.50        | 12:51         | 5:08            | 3           | 1:40           | 8            | 1:40            | 7.50          | 37:22         | 4:58            | 5           | 4:40           | 6            |                 |  |
| Finish  | 2.50        | 12:35         | 5:01            | 3           | 1:29           | 9            | 1:29            | 10.00         | 49:57         | 4:59            | 3           | 6:09           | 8            | 6:09            |  |