



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind 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	