



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Syrbe, Sabine

Club: Weimar

Number: 379

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 46:30

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 49 (of 109)

Rank in course/Women: 2 (of 20)

Best time in course: 43:48

Rank in category: 1 (of 6)

Best time in the category: 46:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.50	11:24	4:33	1	-	2	0:41	2.50	11:24	4:33	5		5	
Runde	2.50	11:38	4:39	1	-	2	0:50	5.00	23:02	4:36	5		5	
Runde	2.50	11:44	4:41	1	-	2	0:33	7.50	34:46	4:38	5		5	
Finish	2.50	11:44	4:41	1	-	4	0:38	10.00	46:30	4:39	1	-	2	2:42