



Erfurt 1 Marathon  
Erfurt / 30.08.2014

## Detailed evaluation

### Laufladen Team I

Club: Laufladen  
Number: 33

Course: 42.20 km  
Marathon 4er Staffel

Category:  
Staffel 4 x Männer

Total time: 3:16:36

Speed: 12.82 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 2 (of 21)

Rank in course/Men: 2 (of 4)

Best time in course: 3:12:25

Rank in category: 2(of 4)

Best time in the category: 3:12:25

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Gubener St	5.40	25:19	4:41	4	1:05	4	1:05	5.40	25:19	4:41	2	0:03	2	0:03
VP2 - Nordpark	4.80	25:49	5:22	4	4:50	4	4:50	10.20	51:08	5:00	2	4:53	2	4:53
VP3 - Pfaffenstiege	10.90	55:54	5:07	2	6:23	2	6:23	21.10	1:47:02	5:04	2	11:16	2	11:16
VP4 - Waltersleben	4.90	24:34	5:00	1	-	1	-	26.00	2:11:36	5:03	2	1:01	2	1:01
VP5 - Waldhaus	4.00	19:28	4:51	2	2:15	2	2:15	30.00	2:31:04	5:02	2	3:16	2	3:16
Nordpark Erfurt	12.20	45:32	3:43	2	0:55	2	0:55	42.20	3:16:36	4:39	2	4:11	2	4:11