



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Witzel, Henning

Club: Erfurt
Number: 388

Course: 10.00 km
Lange Strecke

Category:
Männer (20-29 Jahre)

Total time: 45:26

Speed: 13.21 km/h
Running performance: 4:32 min/km

Rank in course/Total: 41 (of 109)

Rank in course/Men: 40 (of 89)

Best time in course: 32:30

Rank in category: 11(of 17)

Best time in the category: 35:51

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	11:19	4:31	10	2:53	44	3:18	2.50	11:19	4:31	8	1:00	72		
Runde	2.50	11:20	4:31	9	2:25	35	3:06	5.00	22:39	4:31	8	1:03	72		
Runde	2.50	11:23	4:33	9	2:12	32	3:00	7.50	34:02	4:32	11	4:27	69		
Finish	2.50	11:24	4:33	9	2:05	44	3:32	10.00	45:26	4:32	11	9:35	40	12:56	