



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Schillig, Steffen

Club: KSSV Victoria Weimar Schöndorf
Number: 359

Course: 10.00 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 57:21

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 95 (of 109)

Rank in course/Men: 79 (of 89)

Best time in course: 32:30

Rank in category: 16(of 17)

Best time in the category: 42:33

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	13:18	5:19	16	3:09	77	5:17	2.50	13:18	5:19	12	0:01	70	1:17
Runde	2.50	14:24	5:45	16	3:44	81	6:10	5.00	27:42	5:32	12	0:31	70	3:54
Runde	2.50	14:53	5:57	16	4:10	79	6:30	7.50	42:35	5:40	12	1:45	68	7:04
Finish	2.50	14:46	5:54	16	4:20	80	6:54	10.00	57:21	5:44	16	14:48	79	24:51