



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Freiberg, Gunter

Club: Blau Weiß Niederroßla

Number: 317

Course: 10.00 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:42

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 88 (of 109)

Rank in course/Men: 73 (of 89)

Best time in course: 32:30

Rank in category: 15(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	13:17	5:18	15	3:08	76	5:16	2.50	13:17	5:18	1	-	22	1:16
Runde	2.50	13:54	5:33	15	3:14	76	5:40	5.00	27:11	5:26	1	-	22	3:23
Runde	2.50	13:39	5:27	14	2:56	72	5:16	7.50	40:50	5:26	1	-	21	5:19
Finish	2.50	12:52	5:08	12	2:26	67	5:00	10.00	53:42	5:22	15	11:09	73	21:12