



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

## Detailed evaluation

**Mierisch, Volkmar**

Club: Erfurt  
Number: 344

Course: 10.00 km  
Lange Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 54:38

Speed: 10.98 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 92 (of 109)

Rank in course/Men: 77 (of 89)

Best time in course: 32:30

Rank in category: 3(of 5)

Best time in the category: 45:02

### 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	13:22	5:20	4	2:43	79	5:21	2.50	13:22	5:20	2	2:32	21	1:21
Runde	2.50	13:30	5:24	3	2:08	73	5:16	5.00	26:52	5:22	2	4:40	21	3:04
Runde	2.50	13:53	5:33	3	2:27	75	5:30	7.50	40:45	5:26	2	7:07	20	5:14
Finish	2.50	13:53	5:33	3	2:29	78	6:01	10.00	54:38	5:27	3	9:36	77	22:08