



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Steinecke, Martin

Number: 424

Course: 10.00 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 54:09

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 90 (of 109)

Rank in course/Men: 75 (of 89)

Best time in course: 32:30

Rank in category: 8(of 10)

Best time in the category: 40:38

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	12:59	5:11	8	3:01	74	4:58	2.50	12:59	5:11	7	2:53	20	0:58
Runde	2.50	13:35	5:26	8	3:27	75	5:21	5.00	26:34	5:18	7	6:20	20	2:46
Runde	2.50	13:57	5:34	8	3:35	76	5:34	7.50	40:31	5:24	7	9:55	19	5:00
Finish	2.50	13:38	5:27	8	3:38	75	5:46	10.00	54:09	5:24	8	13:31	75	21:39