



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Wenige, Carola

Club: FSV 1950 Gotha e.V.

Number: 384

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 51:18

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 75 (of 109)

Rank in course/Women: 9 (of 20)

Best time in course: 43:48

Rank in category: 2(of 4)

Best time in the category: 47:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.50	12:16	4:54	1	-	8	1:33	2.50	12:16	4:54	1	-	16	
Runde	2.50	12:53	5:09	2	1:10	9	2:05	5.00	25:09	5:01	1	-	16	
Runde	2.50	13:05	5:14	2	1:13	9	1:54	7.50	38:14	5:05	2		15	
Finish	2.50	13:04	5:13	2	1:43	10	1:58	10.00	51:18	5:07	2	3:59	9	7:30