



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Leißner, Alexander

Club: Hohenbergen

Number: 340

Course: 10.00 km

Lange Strecke

Category:

Männer (20-29 Jahre)

Total time: 54:29

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 91 (of 109)

Rank in course/Men: 76 (of 89)

Best time in course: 32:30

Rank in category: 15(of 17)

Best time in the category: 35:51

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
|---------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|-------|--------|-----|--------|-----|-------------|----------------|------------|---------------|--------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | | Behind |
| Runde | 2.50 | 13:39 | 5:27 | 17 | 5:13 | 83 | 5:38 | 2.50 | 13:39 | 5:27 | 6 | 3:20 | 17 | 1:38 | | | | |
| Runde | 2.50 | 14:25 | 5:46 | 17 | 5:30 | 82 | 6:11 | 5.00 | 28:04 | 5:36 | 6 | 6:28 | 17 | 4:16 | | | | |
| Runde | 2.50 | 14:08 | 5:39 | 16 | 4:57 | 78 | 5:45 | 7.50 | 42:12 | 5:37 | 12 | 12:37 | 16 | 6:41 | | | | |
| Finish | 2.50 | 12:17 | 4:54 | 13 | 2:58 | 59 | 4:25 | 10.00 | 54:29 | 5:26 | 15 | 18:38 | 76 | 21:59 | | | | |