



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.	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	13:39	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