



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Höpping, Stefan

Club: Indoorbau Arnstadt

Number: 328

Course: 10.00 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:50

Speed: 12.81 km/h

Running performance: 4:41 min/km

Rank in course/Total: 51 (of 109)

Rank in course/Men: 49 (of 89)

Best time in course: 32:30

Rank in category: 8(of 12)

Best time in the category: 32:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.50	12:00	4:47	8	3:59	58	3:59	2.50	12:00	4:47	8	3:59	14	
Runde	2.50	12:06	4:50	9	3:52	57	3:52	5.00	24:06	4:49	8	7:51	14	0:18
Runde	2.50	11:53	4:45	7	3:30	46	3:30	7.50	35:59	4:47	8	11:21	13	0:28
Finish	2.50	10:51	4:20	4	2:59	27	2:59	10.00	46:50	4:41	8	14:20	49	14:20