



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 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 | 12:00 | 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 | |