



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Weber, Martin

Number: 415

Course: 10.00 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:49

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 50 (of 109)

Rank in course/Men: 48 (of 89)

Best time in course: 32:30

Rank in category: 7(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	12:01	4:48	9	4:00	60	4:00	2.50	12:01	4:48	9	4:00	1	-
Runde	2.50	11:47	4:42	8	3:33	52	3:33	5.00	23:48	4:45	9	7:33	1	-
Runde	2.50	11:43	4:41	5	3:20	40	3:20	7.50	35:31	4:44	9	10:53	1	-
Finish	2.50	11:18	4:31	8	3:26	41	3:26	10.00	46:49	4:40	7	14:19	48	14:19