



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Hildebrandt, Nils

Club: AIRBUS - SG Stade

Number: 324

Course: 10.00 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 49:57

Speed: 12.01 km/h

Running performance: 5:00 min/km

Rank in course/Total: 70 (of 109)

Rank in course/Men: 63 (of 89)

Best time in course: 32:30

Rank in category: 10(of 17)

Best time in the category: 42:33

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	11:44	4:41	10	1:35	53	3:43	2.50	11:44	4:41	9			12	
Runde	2.50	12:42	5:04	10	2:02	65	4:28	5.00	24:26	4:53	9			12	0:38
Runde	2.50	12:54	5:09	10	2:11	63	4:31	7.50	37:20	4:58	9			11	1:49
Finish	2.50	12:37	5:02	10	2:11	62	4:45	10.00	49:57	4:59	10	7:24		63	17:27