



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Jarek, Andreas

Number: 411

Course: 10.00 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:16

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 80 (of 109)

Rank in course/Men: 69 (of 89)

Best time in course: 32:30

Rank in category: 9(of 10)

Best time in the category: 40:19

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	13:09	5:15	9	3:20	75	5:08	2.50	13:09	5:15	6	3:20	11	1:08
Runde	2.50	13:12	5:16	9	2:58	71	4:58	5.00	26:21	5:16	6	6:18	11	2:33
Runde	2.50	13:05	5:14	8	2:48	67	4:42	7.50	39:26	5:15	6	9:06	10	3:55
Finish	2.50	12:50	5:08	8	2:51	66	4:58	10.00	52:16	5:13	9	11:57	69	19:46