



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Rosahl, Steffen

Club: Helios
Number: 356

Course: 10.00 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:10

Speed: 12.72 km/h
Running performance: 4:43 min/km

Rank in course/Total: 53 (of 109)

Rank in course/Men: 51 (of 89)

Best time in course: 32:30

Rank in category: 9(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 | 11:24 | 4:33 | 9 | 1:15 | 48 | 3:23 | 2.50 | 11:24 | 4:33 | 8 | | 9 | |
| Runde | 2.50 | 11:39 | 4:39 | 8 | 0:59 | 46 | 3:25 | 5.00 | 23:03 | 4:36 | 8 | | 9 | |
| Runde | 2.50 | 12:17 | 4:54 | 9 | 1:34 | 57 | 3:54 | 7.50 | 35:20 | 4:42 | 8 | | 8 | |
| Finish | 2.50 | 11:50 | 4:44 | 8 | 1:24 | 53 | 3:58 | 10.00 | 47:10 | 4:43 | 9 | 4:37 | 51 | 14:40 |