



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

## Detailed evaluation

Marks, Thomas

Club: Erfurt  
Number: 341

Course: 10.00 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:00:21

Speed: 9.94 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 99 (of 109)

Rank in course/Men: 82 (of 89)

Best time in course: 32:30

Rank in category: 10(of 11)

Best time in the category: 39:53

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men				
Runde	2.50	13:33	5:25	10	4:28	82	5:32	2.50	13:33	5:25	7	3:50	8	1:32			
Runde	2.50	15:12	6:04	10	5:29	84	6:58	5.00	28:45	5:45	7	8:49	8	4:57			
Runde	2.50	15:51	6:20	10	5:24	82	7:28	7.50	44:36	5:56	7	14:06	7	9:05			
Finish	2.50	15:45	6:17	10	5:19	82	7:53	10.00	1:00:21	6:02	10	20:28	82	27:51			