



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Schirmbacher, André

Club: Erfurt
Number: 360

Course: 10.00 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:35

Speed: 11.63 km/h
Running performance: 5:10 min/km

Rank in course/Total: 76 (of 109)

Rank in course/Men: 67 (of 89)

Best time in course: 32:30

Rank in category: 8(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	12:17	4:54	7	2:28	62	4:16	2.50	12:17	4:54	7	2:28	7	0:16
Runde	2.50	12:48	5:07	8	2:34	66	4:34	5.00	25:05	5:00	7	5:02	7	1:17
Runde	2.50	13:25	5:21	9	3:08	69	5:02	7.50	38:30	5:08	7	8:10	6	2:59
Finish	2.50	13:05	5:14	9	3:06	70	5:13	10.00	51:35	5:09	8	11:16	67	19:05