



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Windisch, Michael

Club: LTV Erfurt

Number: 387

Course: 10.00 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:43

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 89 (of 109)

Rank in course/Men: 74 (of 89)

Best time in course: 32:30

Rank in category: 12(of 12)

Best time in the category: 32:30

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	12:49	5:07	12	4:48	71	4:48	2.50	12:49	5:07	10	4:48	5	0:48
Runde	2.50	13:26	5:22	12	5:12	72	5:12	5.00	26:15	5:15	10	10:00	6	2:27
Runde	2.50	13:50	5:31	12	5:27	74	5:27	7.50	40:05	5:20	10	15:27	5	4:34
Finish	2.50	13:38	5:27	12	5:46	75	5:46	10.00	53:43	5:22	12	21:13	74	21:13