



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Albin, Lutz

Club: LTV Erfurt

Number: 409

Course: 10.00 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:54

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 52 (of 109)

Rank in course/Men: 50 (of 89)

Best time in course: 32:30

Rank in category: 8(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	11:00	4:24	5	0:51	40	2:59	2.50	11:00	4:24	7			4	
Runde	2.50	11:38	4:39	7	0:58	45	3:24	5.00	22:38	4:31	7			4	
Runde	2.50	12:11	4:52	8	1:28	55	3:48	7.50	34:49	4:38	7			3	
Finish	2.50	12:05	4:50	9	1:39	55	4:13	10.00	46:54	4:41	8	4:21		50	14:24