



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Adams, Ralph

Club: Erfurt
Number: 301

Course: 10.00 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:02

Speed: 11.99 km/h
Running performance: 5:00 min/km

Rank in course/Total: 72 (of 109)

Rank in course/Men: 64 (of 89)

Best time in course: 32:30

Rank in category: 7(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	11:51	4:44	6	2:02	56	3:50	2.50	11:51	4:44	8	2:02	3	
Runde	2.50	12:39	5:03	7	2:25	64	4:25	5.00	24:30	4:54	8	4:27	3	0:42
Runde	2.50	12:59	5:11	7	2:42	65	4:36	7.50	37:29	4:59	8	7:09	2	1:58
Finish	2.50	12:33	5:01	7	2:34	61	4:41	10.00	50:02	5:00	7	9:43	64	17:32