



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Kolarczik, Dagmar

Number: 429

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 47:19

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 58 (of 109)

Rank in course/Women: 4 (of 20)

Best time in course: 43:48

Rank in category: 1(of 4)

Best time in the category: 47:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.50	12:23	4:57	4	0:07	12	1:40	2.50	12:23	4:57	3	0:07	15	
Runde	2.50	11:43	4:41	1	-	3	0:55	5.00	24:06	4:49	3	-	15	
Runde	2.50	11:52	4:44	1	-	4	0:41	7.50	35:58	4:47	3	-	8	
Finish	2.50	11:21	4:32	1	-	2	0:15	10.00	47:19	4:43	1	-	4	3:31