



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Einicke, Lisa

Club: Erfurt

Number: 313

Course: 10.00 km

Lange Strecke

Category:

Frauen (20-29 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 85 (of 109)

Rank in course/Women: 14 (of 20)

Best time in course: 43:48

Rank in category: 2(of 3)

Best time in the category: 48:33

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	12:48	5:07	2	0:58	15	2:05	2.50	12:48	5:07	2	0:58	14		
Runde	2.50	13:14	5:17	2	0:54	11	2:26	5.00	26:02	5:12	2	1:52	14		
Runde	2.50	13:51	5:32	2	1:28	15	2:40	7.50	39:53	5:19	2	3:20	4	0:42	
Finish	2.50	13:13	5:17	2	1:13	12	2:07	10.00	53:06	5:18	2	4:33	14	9:18	