



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Schröpfer, Frank

Club: Erfurt
Number: 365

Course: 10.00 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 51:00

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 74 (of 109)

Rank in course/Men: 65 (of 89)

Best time in course: 32:30

Rank in category: 11(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Runde	2.50	12:19	4:55	11	2:10	64	4:18	2.50	12:19	4:55	6		45	0:18
Runde	2.50	12:52	5:08	11	2:12	67	4:38	5.00	25:11	5:02	6		45	1:23
Runde	2.50	13:03	5:13	11	2:20	66	4:40	7.50	38:14	5:05	6		42	2:43
Finish	2.50	12:46	5:06	11	2:20	65	4:54	10.00	51:00	5:05	11	8:27	65	18:30