



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Böhme, Carola

Number: 433

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 52:44

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 82 (of 109)

Rank in course/Women: 13 (of 20)

Best time in course: 43:48

Rank in category: 4 (of 5)

Best time in the category: 43:48

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	12:07	4:50	4	1:24	6	1:24	2.50	12:07	4:50	3	1:24	8		
Runde	2.50	13:38	5:27	4	2:50	15	2:50	5.00	25:45	5:09	3	4:14	13		
Runde	2.50	13:35	5:26	4	2:24	13	2:24	7.50	39:20	5:14	3	6:38	12	0:09	
Finish	2.50	13:24	5:21	4	2:18	15	2:18	10.00	52:44	5:16	4	8:56	13	8:56	