



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

John, Silke

Club: Erfurt
Number: 329

Course: 10.00 km
Lange Strecke

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 52:20

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 81 (of 109)

Rank in course/Women: 12 (of 20)

Best time in course: 43:48

Rank in category: 4(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	12:22	4:56	3	0:06	11	1:39	2.50	12:22	4:56	4	0:06	12		
Runde	2.50	13:18	5:19	4	1:35	13	2:30	5.00	25:40	5:08	4	0:31	12		
Runde	2.50	13:31	5:24	4	1:39	12	2:20	7.50	39:11	5:13	4	0:42	1	-	
Finish	2.50	13:09	5:15	3	1:48	11	2:03	10.00	52:20	5:14	4	5:01	12	8:32	