



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Pawlik, Gerd

Club: Pawliks Lauffamily

Number: 348

Course: 10.00 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 52:45

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 83 (of 109)

Rank in course/Men: 70 (of 89)

Best time in course: 32:30

Rank in category: 12(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	km	Time			min/km	Pos Men	Behind Men
Runde	2.50	12:48	5:07	14	2:39	70	4:47	2.50	12:48	5:07	5		40	0:47
Runde	2.50	13:02	5:12	12	2:22	69	4:48	5.00	25:50	5:09	5		40	2:02
Runde	2.50	13:40	5:28	15	2:57	73	5:17	7.50	39:30	5:15	5		38	3:59
Finish	2.50	13:15	5:17	13	2:49	71	5:23	10.00	52:45	5:16	12	10:12	70	20:15