



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Krone, Holger

Club: 1.Erfurter Badmintonverein

Number: 334

Course: 10.00 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:51

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 62 (of 109)

Rank in course/Men: 58 (of 89)

Best time in course: 32:30

Rank in category: 7(of 11)

Best time in the category: 39:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.50	12:25	4:58	8	3:20	67	4:24	2.50	12:25	4:58	10	2:42	39	0:24
Runde	2.50	12:20	4:56	7	2:37	59	4:06	5.00	24:45	4:57	10	4:49	39	0:57
Runde	2.50	11:58	4:47	6	1:31	49	3:35	7.50	36:43	4:53	9	6:13	37	1:12
Finish	2.50	11:08	4:27	3	0:42	35	3:16	10.00	47:51	4:47	7	7:58	58	15:21