



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Schilling, Claudia

Number: 418

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 54:41

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 93 (of 109)

Rank in course/Women: 16 (of 20)

Best time in course: 43:48

Rank in category: 5(of 6)

Best time in the category: 46:30

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	12:44	5:05	4	1:20	14	2:01	2.50	12:44	5:05	2			9
Runde	2.50	13:29	5:23	5	1:51	14	2:41	5.00	26:13	5:14	2	0:08		9
Runde	2.50	14:01	5:36	5	2:17	16	2:50	7.50	40:14	5:21	2	0:54	9	1:03
Finish	2.50	14:27	5:46	5	2:43	16	3:21	10.00	54:41	5:28	5	8:11	16	10:53