



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

## Detailed evaluation

**Menz, Steffen**

Club: Weimar

Number: 343

Course: 10.00 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:10

Speed: 13.00 km/h

Running performance: 4:37 min/km

Rank in course/Total: 45 (of 109)

Rank in course/Men: 44 (of 89)

Best time in course: 32:30

Rank in category: 7(of 10)

Best time in the category: 40:38

### 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	11:27	4:34	6	1:29	49	3:26	2.50	11:27	4:34	8	1:21	38		
Runde	2.50	11:43	4:41	6	1:35	50	3:29	5.00	23:10	4:38	8	2:56	38		
Runde	2.50	11:44	4:41	7	1:22	41	3:21	7.50	34:54	4:39	8	4:18	36		
Finish	2.50	11:16	4:30	6	1:16	40	3:24	10.00	46:10	4:36	7	5:32	44	13:40	