



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Baumgärtel, Marcel

Club: Gotha
Number: 306

Course: 10.00 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:21

Speed: 12.67 km/h
Running performance: 4:44 min/km

Rank in course/Total: 59 (of 109)

Rank in course/Men: 55 (of 89)

Best time in course: 32:30

Rank in category: 9(of 12)

Best time in the category: 32:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.50	12:17	4:54	11	4:16	62	4:16	2.50	12:17	4:54	12	4:16	7	0:16	
Runde	2.50	11:39	4:39	7	3:25	46	3:25	5.00	23:56	4:47	12	7:41	37	0:08	
Runde	2.50	11:54	4:45	8	3:31	47	3:31	7.50	35:50	4:46	12	11:12	35	0:19	
Finish	2.50	11:31	4:36	9	3:39	48	3:39	10.00	47:21	4:44	9	14:51	55	14:51	