



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Köhler, Jan

Club: Haller Fuchs

Number: 336

Course: 10.00 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:56

Speed: 13.06 km/h

Running performance: 4:35 min/km

Rank in course/Total: 43 (of 109)

Rank in course/Men: 42 (of 89)

Best time in course: 32:30

Rank in category: 5(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	11:22	4:32	6	2:17	47	3:21	2.50	11:22	4:32	11	1:39	36		
Runde	2.50	11:40	4:39	6	1:57	48	3:26	5.00	23:02	4:36	11	3:06	33		
Runde	2.50	11:41	4:40	4	1:14	39	3:18	7.50	34:43	4:37	10	4:13	23		
Finish	2.50	11:13	4:29	5	0:47	38	3:21	10.00	45:56	4:35	5	6:03	42	13:26	