



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Mitsching, Diana

Club: DLRG Weimar

Number: 428

Course: 10.00 km

Lange Strecke

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 48:11

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 63 (of 109)

Rank in course/Women: 5 (of 20)

Best time in course: 43:48

Rank in category: 2 (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	12:07	4:50	2	0:43	6	1:24	2.50	12:07	4:50	3			8	
Runde	2.50	11:48	4:43	2	0:10	4	1:00	5.00	23:55	4:46	3			8	
Runde	2.50	12:03	4:49	3	0:19	5	0:52	7.50	35:58	4:47	3			8	
Finish	2.50	12:13	4:53	3	0:29	7	1:07	10.00	48:11	4:49	2	1:41		5	4:23