



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Schaller, Lutz

Club: SLG Bad Langensalza

Number: 358

Course: 10.00 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:11

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 87 (of 109)

Rank in course/Men: 72 (of 89)

Best time in course: 32:30

Rank in category: 14(of 17)

Best time in the category: 42:33

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	12:45	5:05	13	2:36	69	4:44	2.50	12:45	5:05	4		34	0:44
Runde	2.50	13:31	5:24	14	2:51	74	5:17	5.00	26:16	5:15	4		34	2:28
Runde	2.50	13:27	5:22	12	2:44	70	5:04	7.50	39:43	5:17	4		33	4:12
Finish	2.50	13:28	5:23	14	3:02	73	5:36	10.00	53:11	5:19	14	10:38	72	20:41