



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Golschewski, Jörg

Club: Erfurt
Number: 318

Course: 10.00 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:26

Speed: 12.92 km/h
Running performance: 4:38 min/km

Rank in course/Total: 48 (of 109)

Rank in course/Men: 47 (of 89)

Best time in course: 32:30

Rank in category: 7(of 17)

Best time in the category: 42:33

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	11:21	4:32	8	1:12	46	3:20	2.50	11:21	4:32	3		33	
Runde	2.50	11:41	4:40	9	1:01	49	3:27	5.00	23:02	4:36	3		33	
Runde	2.50	11:44	4:41	7	1:01	41	3:21	7.50	34:46	4:38	3		32	
Finish	2.50	11:40	4:39	7	1:14	50	3:48	10.00	46:26	4:38	7	3:53	47	13:56