



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Frömmer, Michael

Number: 412

Course: 10.00 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:04:44

Speed: 9.27 km/h

Running performance: 6:28 min/km

Rank in course/Total: 100 (of 109)

Rank in course/Men: 83 (of 89)

Best time in course: 32:30

Rank in category: 10(of 10)

Best time in the category: 40:38

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	15:42	6:16	10	5:44	88	7:41	2.50	15:42	6:16	10	5:36	28	3:41
Runde	2.50	16:29	6:35	10	6:21	86	8:15	5.00	32:11	6:26	10	11:57	28	8:23
Runde	2.50	16:43	6:41	10	6:21	84	8:20	7.50	48:54	6:31	10	18:18	24	13:23
Finish	2.50	15:50	6:20	10	5:50	83	7:58	10.00	1:04:44	6:28	10	24:06	83	32:14