



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Michel-Triller, Andreas

Club: AST Apolda

Number: 416

Course: 10.00 km

Lange Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:13:03

Speed: 8.21 km/h

Running performance: 7:18 min/km

Rank in course/Total: 105 (of 109)

Rank in course/Men: 86 (of 89)

Best time in course: 32:30

Rank in category: 4(of 5)

Best time in the category: 45:02

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	15:56	6:22	5	5:17	89	7:55	2.50	15:56	6:22	5	5:06	27	3:55
Runde	2.50	19:53	7:57	5	8:31	89	11:39	5.00	35:49	7:09	5	13:37	27	12:01
Runde	2.50	19:17	7:42	4	7:51	86	10:54	7.50	55:06	7:20	4	21:28	26	19:35
Finish	2.50	17:57	7:10	4	6:33	86	10:05	10.00	1:13:03	7:18	4	28:01	86	40:33