



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Schwarzwald, Tina

Club: KATIHAMA

Number: 368

Course: 10.00 km

Lange Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:04:57

Speed: 9.24 km/h

Running performance: 6:30 min/km

Rank in course/Total: 102 (of 109)

Rank in course/Women: 18 (of 20)

Best time in course: 43:48

Rank in category: 3(of 3)

Best time in the category: 48:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.50	15:40	6:15	3	3:50	20	4:57	2.50	15:40	6:15	3	3:50	2	2:24
Runde	2.50	16:30	6:35	3	4:10	19	5:42	5.00	32:10	6:25	3	8:00	2	4:54
Runde	2.50	16:38	6:39	3	4:15	18	5:27	7.50	48:48	6:30	3	12:15	2	9:37
Finish	2.50	16:09	6:27	3	4:09	18	5:03	10.00	1:04:57	6:29	3	16:24	18	21:09