



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Krieghoff, Marcel

Club: USV Erfurt

Number: 432

Course: 10.00 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 32:30

Speed: 18.46 km/h

Running performance: 3:15 min/km

Rank in course/Total: 2 (of 109)

Rank in course/Men: 1 (of 89)

Best time in course: 32:30

Rank in category: 1(of 12)

Best time in the category: 32:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.50	8:01	3:12	1	-	1	-	2.50	8:01	3:12	1	-	67	
Runde	2.50	8:14	3:17	1	-	1	-	5.00	16:15	3:15	1	-	67	
Runde	2.50	8:23	3:21	1	-	1	-	7.50	24:38	3:17	1	-	65	
Finish	2.50	7:52	3:08	1	-	1	-	10.00	32:30	3:15	1	-	1	-