



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Eltahir, Ahmed

Club: Bad Langensalza

Number: 314

Course: 10.00 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 45:10

Speed: 13.28 km/h

Running performance: 4:31 min/km

Rank in course/Total: 37 (of 109)

Rank in course/Men: 36 (of 89)

Best time in course: 32:30

Rank in category: 6(of 17)

Best time in the category: 42:33

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	11:09	4:27	7	1:00	43	3:08	2.50	11:09	4:27	17			65	
Runde	2.50	11:25	4:33	6	0:45	39	3:11	5.00	22:34	4:30	17			65	
Runde	2.50	11:27	4:34	6	0:44	35	3:04	7.50	34:01	4:32	17			63	
Finish	2.50	11:09	4:27	5	0:43	36	3:17	10.00	45:10	4:30	6	2:37		36	12:40