



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Hochstrate, Falk

Club: DAV

Number: 422

Course: 10.00 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:56

Speed: 14.66 km/h

Running performance: 4:05 min/km

Rank in course/Total: 15 (of 109)

Rank in course/Men: 15 (of 89)

Best time in course: 32:30

Rank in category: 2(of 11)

Best time in the category: 39:53

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	9:43	3:53	2	0:38	11	1:42	2.50	9:43	3:53	1	-	63	
Runde	2.50	10:13	4:05	2	0:30	13	1:59	5.00	19:56	3:59	1	-	63	
Runde	2.50	10:34	4:13	2	0:07	15	2:11	7.50	30:30	4:03	1	-	61	
Finish	2.50	10:26	4:10	1	-	17	2:34	10.00	40:56	4:05	2	1:03	15	8:26