



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Holzhaus, Reiner

Club: SV Turbine Hohenwarte/Kamsdorf

Number: 327

Course: 10.00 km

Lange Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 45:02

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 35 (of 109)

Rank in course/Men: 34 (of 89)

Best time in course: 32:30

Rank in category: 1(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	10:50	4:20	2	0:11	39	2:49	2.50	10:50	4:20	1	-	62	
Runde	2.50	11:22	4:32	1	-	37	3:08	5.00	22:12	4:26	1	-	29	
Runde	2.50	11:26	4:34	1	-	34	3:03	7.50	33:38	4:29	1	-	60	
Finish	2.50	11:24	4:33	1	-	44	3:32	10.00	45:02	4:30	1	-	34	12:32