



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Straßenmeyer, David

Club: Erfurt
Number: 375

Course: 10.00 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 42:37

Speed: 14.08 km/h
Running performance: 4:16 min/km

Rank in course/Total: 22 (of 109)

Rank in course/Men: 22 (of 89)

Best time in course: 32:30

Rank in category: 4(of 12)

Best time in the category: 32:30

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	10:30	4:12	4	2:29	28	2:29	2.50	10:30	4:12	2	2:29	61	
Runde	2.50	10:30	4:12	4	2:16	20	2:16	5.00	21:00	4:12	2	4:45	61	
Runde	2.50	10:43	4:17	4	2:20	19	2:20	7.50	31:43	4:13	2	7:05	59	
Finish	2.50	10:54	4:21	5	3:02	29	3:02	10.00	42:37	4:15	4	10:07	22	10:07