



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Böning, Dirk

Club: RennsteigLaufverein

Number: 311

Course: 10.00 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 43:35

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 27 (of 109)

Rank in course/Men: 27 (of 89)

Best time in course: 32:30

Rank in category: 3(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	10:09	4:03	1	-	18	2:08	2.50	10:09	4:03	16			60	
Runde	2.50	10:49	4:19	3	0:09	24	2:35	5.00	20:58	4:11	16			60	
Runde	2.50	11:23	4:33	5	0:40	32	3:00	7.50	32:21	4:18	16			58	
Finish	2.50	11:14	4:29	6	0:48	39	3:22	10.00	43:35	4:21	3	1:02		27	11:05