



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Bergmann, Michael

Club: Sömmerdaer Gipfelstürmer

Number: 307

Course: 10.00 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:19

Speed: 14.88 km/h

Running performance: 4:02 min/km

Rank in course/Total: 12 (of 109)

Rank in course/Men: 12 (of 89)

Best time in course: 32:30

Rank in category: 1(of 10)

Best time in the category: 40:19

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	9:49	3:55	1	-	14	1:48	2.50	9:49	3:55	1	-	59	
Runde	2.50	10:14	4:05	1	-	15	2:00	5.00	20:03	4:00	1	-	59	
Runde	2.50	10:17	4:06	1	-	9	1:54	7.50	30:20	4:02	1	-	57	
Finish	2.50	9:59	3:59	1	-	8	2:07	10.00	40:19	4:01	1	-	12	7:49