



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Schwendler, Rainer

Club: Kornhochheim

Number: 370

Course: 10.00 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:42

Speed: 13.73 km/h

Running performance: 4:22 min/km

Rank in course/Total: 28 (of 109)

Rank in course/Men: 28 (of 89)

Best time in course: 32:30

Rank in category: 3(of 11)

Best time in the category: 39:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.50	10:29	4:11	3	1:24	27	2:28	2.50	10:29	4:11	2	0:46	58	
Runde	2.50	10:51	4:20	3	1:08	26	2:37	5.00	21:20	4:15	2	1:24	54	
Runde	2.50	11:13	4:29	3	0:46	28	2:50	7.50	32:33	4:20	2	2:03	56	
Finish	2.50	11:09	4:27	4	0:43	36	3:17	10.00	43:42	4:22	3	3:49	28	11:12