



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt

Number: 408

Course: 10.00 km

Lange Strecke

Category:

Männer (20-29 Jahre)

Total time: 39:15

Speed: 15.29 km/h

Running performance: 3:55 min/km

Rank in course/Total: 8 (of 109)

Rank in course/Men: 8 (of 89)

Best time in course: 32:30

Rank in category: 3(of 17)

Best time in the category: 35:51

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	9:44	3:53	3	1:18	12	1:43	2.50	9:44	3:53	17			46	
Runde	2.50	9:47	3:54	2	0:52	8	1:33	5.00	19:31	3:54	17			46	
Runde	2.50	10:03	4:01	4	0:52	8	1:40	7.50	29:34	3:56	2			44	
Finish	2.50	9:41	3:52	2	0:22	6	1:49	10.00	39:15	3:55	3	3:24		8	6:45