



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

## Detailed evaluation

**Plischke, Stephan**

Club: Ostramondra

Number: 353

Course: 10.00 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:58

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 16 (of 109)

Rank in course/Men: 16 (of 89)

Best time in course: 32:30

Rank in category: 2(of 10)

Best time in the category: 40:38

### 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	Total km	Total Time				Pos Men	Behind Men
Runde	2.50	10:06	4:02	3	0:08	17	2:05	2.50	10:06	4:02	1	-	56	
Runde	2.50	10:08	4:03	1	-	11	1:54	5.00	20:14	4:02	1	-	56	
Runde	2.50	10:22	4:08	1	-	10	1:59	7.50	30:36	4:04	1	-	54	
Finish	2.50	10:22	4:08	3	0:22	15	2:30	10.00	40:58	4:05	2	0:20	16	8:28