



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Finger, Jens

Club: SV EVB Erfurt

Number: 431

Course: 10.00 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:03

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 25 (of 109)

Rank in course/Men: 25 (of 89)

Best time in course: 32:30

Rank in category: 3(of 10)

Best time in the category: 40:19

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	10:33	4:13	3	0:44	31	2:32	2.50	10:33	4:13	2	0:44	55		
Runde	2.50	10:56	4:22	3	0:42	28	2:42	5.00	21:29	4:17	2	1:26	55		
Runde	2.50	10:56	4:22	2	0:39	22	2:33	7.50	32:25	4:19	2	2:05	53		
Finish	2.50	10:38	4:15	2	0:39	22	2:46	10.00	43:03	4:18	3	2:44	25	10:33	