



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Henkel, Tobias

Club: USV Erfurt

Number: 323

Course: 10.00 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 37:29

Speed: 16.01 km/h

Running performance: 3:45 min/km

Rank in course/Total: 5 (of 109)

Rank in course/Men: 5 (of 89)

Best time in course: 32:30

Rank in category: 3(of 12)

Best time in the category: 32:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.50	9:08	3:39	3	1:07	8	1:07	2.50	9:08	3:39	3	1:07	53		
Runde	2.50	9:20	3:44	3	1:06	6	1:06	5.00	18:28	3:41	3	2:13	53		
Runde	2.50	9:33	3:49	3	1:10	5	1:10	7.50	28:01	3:44	3	3:23	51		
Finish	2.50	9:28	3:47	3	1:36	5	1:36	10.00	37:29	3:44	3	4:59	5	4:59	