



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Jesse, Mario

Total time: 44:49

Number: 413

Speed: 13.39 km/h

Running performance: 4:29 min/km

Course: 10.00 km

Rank in course/Total: 33 (of 109)

Lange Strecke

Rank in course/Men: 32 (of 89)

Best time in course: 32:30

Category:

Rank in category: 5(of 17)

Senioren M50 (50-54 Jahre)

Best time in the category: 42:33

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	11:04	4:25	6	0:55	42	3:03	2.50	11:04	4:25	15			52	
Runde	2.50	11:19	4:31	5	0:39	34	3:05	5.00	22:23	4:28	15			52	
Runde	2.50	11:22	4:32	4	0:39	31	2:59	7.50	33:45	4:30	15			50	
Finish	2.50	11:04	4:25	4	0:38	32	3:12	10.00	44:49	4:28	5	2:16		32	12:19