



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Böttinger, Falk

Number: 417

Course: 10.00 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:40

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 23 (of 109)

Rank in course/Men: 23 (of 89)

Best time in course: 32:30

Rank in category: 2(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	10:13	4:05	2	0:24	20	2:12	2.50	10:13	4:05	3	0:24	51		
Runde	2.50	10:34	4:13	2	0:20	21	2:20	5.00	20:47	4:09	3	0:44	51		
Runde	2.50	11:03	4:25	3	0:46	24	2:40	7.50	31:50	4:14	3	1:30	49		
Finish	2.50	10:50	4:20	3	0:51	26	2:58	10.00	42:40	4:15	2	2:21	23	10:10	