



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Mittelstädt, Paul

Number: 406

Course: 10.00 km

Lange Strecke

Category:

Männer (20-29 Jahre)

Total time: 42:26

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 20 (of 109)

Rank in course/Men: 20 (of 89)

Best time in course: 32:30

Rank in category: 6(of 17)

Best time in the category: 35:51

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	10:27	4:10	7	2:01	25	2:26	2.50	10:27	4:10	13	0:08	50	
Runde	2.50	10:50	4:20	6	1:55	25	2:36	5.00	21:17	4:15	15		50	
Runde	2.50	10:48	4:19	6	1:37	21	2:25	7.50	32:05	4:16	4	2:30	48	
Finish	2.50	10:21	4:08	6	1:02	14	2:29	10.00	42:26	4:14	6	6:35	20	9:56