



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Stutzig, Henrik

Club: Katholische Laufjugend Arnstadt

Number: 378

Course: 10.00 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:56

Speed: 14.31 km/h

Running performance: 4:11 min/km

Rank in course/Total: 19 (of 109)

Rank in course/Men: 19 (of 89)

Best time in course: 32:30

Rank in category: 4(of 10)

Best time in the category: 40:38

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	9:58	3:59	1	-	15	1:57	2.50	9:58	3:59	2			47	
Runde	2.50	10:26	4:10	3	0:18	18	2:12	5.00	20:24	4:04	2	0:10		47	
Runde	2.50	10:57	4:22	4	0:35	23	2:34	7.50	31:21	4:10	2	0:45		45	
Finish	2.50	10:35	4:14	4	0:35	20	2:43	10.00	41:56	4:11	4	1:18		19	9:26