



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Kirchner, Ralf

Number: 407

Course: 10.00 km

Lange Strecke

Category:

Männer (20-29 Jahre)

Total time: 38:45

Speed: 15.48 km/h

Running performance: 3:53 min/km

Rank in course/Total: 7 (of 109)

Rank in course/Men: 7 (of 89)

Best time in course: 32:30

Rank in category: 2(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	8:46	3:30	2	0:20	5	0:45	2.50	8:46	3:30	14			88	
Runde	2.50	9:49	3:55	3	0:54	9	1:35	5.00	18:35	3:42	14			88	
Runde	2.50	10:00	4:00	3	0:49	7	1:37	7.50	28:35	3:48	5			85	
Finish	2.50	10:10	4:03	4	0:51	12	2:18	10.00	38:45	3:52	2	2:54	7	6:15	