



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Werner, Heiko

Club: Erfurt
Number: 386

Course: 10.00 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 44:08

Speed: 13.60 km/h
Running performance: 4:25 min/km

Rank in course/Total: 30 (of 109)

Rank in course/Men: 29 (of 89)

Best time in course: 32:30

Rank in category: 4(of 17)

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	10:38	4:15	3	0:29	33	2:37	2.50	10:38	4:15	14			43	
Runde	2.50	11:12	4:28	4	0:32	31	2:58	5.00	21:50	4:21	14			87	
Runde	2.50	11:20	4:31	3	0:37	30	2:57	7.50	33:10	4:25	14			84	
Finish	2.50	10:58	4:23	3	0:32	30	3:06	10.00	44:08	4:24	4	1:35		29	11:38