



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

## Detailed evaluation

**Spiegler, Sebastian**

Club: Erfurt  
Number: 372

Course: 10.00 km  
Lange Strecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 45:25

Speed: 13.21 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 40 (of 109)

Rank in course/Men: 39 (of 89)

Best time in course: 32:30

Rank in category: 5(of 12)

Best time in the category: 32:30

### 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	11:02	4:24	6	3:01	41	3:01	2.50	11:02	4:24	4	3:01	86	
Runde	2.50	11:34	4:37	6	3:20	44	3:20	5.00	22:36	4:31	4	6:21	86	
Runde	2.50	11:49	4:43	6	3:26	44	3:26	7.50	34:25	4:35	4	9:47	83	
Finish	2.50	11:00	4:24	6	3:08	31	3:08	10.00	45:25	4:32	5	12:55	39	12:55