



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

## Detailed evaluation

**Sprogies, Hannes**

Club: Kornwestheim

Number: 373

Course: 10.00 km

Lange Strecke

Category:

Männer (20-29 Jahre)

Total time: 41:50

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 18 (of 109)

Rank in course/Men: 18 (of 89)

Best time in course: 32:30

Rank in category: 5(of 17)

Best time in the category: 35:51

### Intermediate times

### Stage score

### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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        | 10:25         | 4:09            | 5           | 1:30           | 17          | 2:11          | 5.00          | 20:52         | 4:10            | 13          |                | 85         |               |  |
| Runde   | 2.50        | 10:38         | 4:15            | 5           | 1:27           | 17          | 2:15          | 7.50          | 31:30         | 4:12            | 6           | 1:55           | 82         |               |  |
| Finish  | 2.50        | 10:20         | 4:08            | 5           | 1:01           | 13          | 2:28          | 10.00         | 41:50         | 4:11            | 5           | 5:59           | 18         | 9:20          |  |