



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 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	10:27	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	