



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Hilke, Ronny

Club: 1. SV Gera

Number: 325

Course: 10.00 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:23

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 39 (of 109)

Rank in course/Men: 38 (of 89)

Best time in course: 32:30

Rank in category: 4(of 11)

Best time in the category: 39:53

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	10:39	4:15	5	1:34	35	2:38	2.50	10:39	4:15	3	0:56	29		
Runde	2.50	11:26	4:34	5	1:43	41	3:12	5.00	22:05	4:24	3	2:09	84		
Runde	2.50	11:55	4:46	5	1:28	48	3:32	7.50	34:00	4:31	3	3:30	81		
Finish	2.50	11:23	4:33	6	0:57	43	3:31	10.00	45:23	4:32	4	5:30	38	12:53	