



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Bode, Tobias

Club: Weimar

Number: 308

Course: 10.00 km

Lange Strecke

Category:

Männer (20-29 Jahre)

Total time: 45:06

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 36 (of 109)

Rank in course/Men: 35 (of 89)

Best time in course: 32:30

Rank in category: 10(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	10:37	4:14	9	2:11	32	2:36	2.50	10:37	4:14	9	0:18	68		
Runde	2.50	11:22	4:32	11	2:27	37	3:08	5.00	21:59	4:23	9	0:23	68		
Runde	2.50	11:38	4:39	10	2:27	38	3:15	7.50	33:37	4:28	10	4:02	76		
Finish	2.50	11:29	4:35	10	2:10	46	3:37	10.00	45:06	4:30	10	9:15	35	12:36	