



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Steinhardt, Ingo

Club: Keiner

Number: 374

Course: 10.00 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 39:53

Speed: 15.04 km/h

Running performance: 3:59 min/km

Rank in course/Total: 10 (of 109)

Rank in course/Men: 10 (of 89)

Best time in course: 32:30

Rank in category: 1(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	9:05	3:38	1	-	7	1:04	2.50	9:05	3:38	4	-	77	-
Runde	2.50	9:43	3:53	1	-	7	1:29	5.00	18:48	3:45	4	-	77	-
Runde	2.50	10:27	4:10	1	-	14	2:04	7.50	29:15	3:53	4	-	74	-
Finish	2.50	10:38	4:15	2	0:12	22	2:46	10.00	39:53	3:59	1	-	10	7:23