



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Umbreit-Rößner, Michael

Club: UBR

Number: 500

Course: 10.00 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:10

Speed: 13.28 km/h

Running performance: 4:31 min/km

Rank in course/Total: 38 (of 109)

Rank in course/Men: 36 (of 89)

Best time in course: 32:30

Rank in category: 4(of 10)

Best time in the category: 40:19

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	11:32	4:36	4	1:43	51	3:31	2.50	11:32	4:36	4	1:43	76		
Runde	2.50	11:15	4:30	4	1:01	32	3:01	5.00	22:47	4:33	4	2:44	76		
Runde	2.50	11:18	4:31	4	1:01	29	2:55	7.50	34:05	4:32	4	3:45	73		
Finish	2.50	11:05	4:26	4	1:06	33	3:13	10.00	45:10	4:30	4	4:51	36	12:40	