



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Ziervogel, André

Club: MTV 1846 Giessen

Number: 405

Course: 10.00 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 36:00

Speed: 16.67 km/h

Running performance: 3:36 min/km

Rank in course/Total: 4 (of 109)

Rank in course/Men: 4 (of 89)

Best time in course: 32:30

Rank in category: 2(of 12)

Best time in the category: 32:30

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	8:57	3:34	2	0:56	6	0:56	2.50	8:57	3:34	5	0:56	75		
Runde	2.50	8:58	3:35	2	0:44	5	0:44	5.00	17:55	3:35	5	1:40	75		
Runde	2.50	9:12	3:40	2	0:49	4	0:49	7.50	27:07	3:36	5	2:29	72		
Finish	2.50	8:53	3:33	2	1:01	3	1:01	10.00	36:00	3:36	2	3:30	4	3:30	