



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Melchert, Tino

Club: FSV Martinroda II

Number: 342

Course: 10.00 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:34

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 42 (of 109)

Rank in course/Men: 41 (of 89)

Best time in course: 32:30

Rank in category: 6(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	10:31	4:12	5	2:30	29	2:30	2.50	10:31	4:12	6	2:30	74	
Runde	2.50	11:08	4:27	5	2:54	30	2:54	5.00	21:39	4:19	6	5:24	74	
Runde	2.50	12:06	4:50	9	3:43	51	3:43	7.50	33:45	4:30	6	9:07	50	
Finish	2.50	11:49	4:43	10	3:57	52	3:57	10.00	45:34	4:33	6	13:04	41	13:04