



1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

Detailed evaluation

Kurz, Matthias

Club: SpVgg Kranichfeld

Number: 335

Course: 10.00 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:05

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 17 (of 109)

Rank in course/Men: 17 (of 89)

Best time in course: 32:30

Rank in category: 3(of 10)

Best time in the category: 40:38

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.50	10:12	4:04	4	0:14	19	2:11	2.50	10:12	4:04	5	0:06	73	
Runde	2.50	10:27	4:10	4	0:19	19	2:13	5.00	20:39	4:07	5	0:25	73	
Runde	2.50	10:23	4:09	2	0:01	11	2:00	7.50	31:02	4:08	5	0:26	70	
Finish	2.50	10:03	4:01	2	0:03	11	2:11	10.00	41:05	4:06	3	0:27	17	8:35