



3. Erfurter Flughafenlauf  
Erfurt / 27.08.2016

Detailed evaluation

Michel-Triller, Andreas

Club: AST Apolda  
Number: 154

Course: 3.00 km  
3km Lauf

Category:  
Senioren M50 (50-59 Jahre)

Total time: 22:38

Speed: 7.95 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 54 (of 55)

Rank in course/Men: 30 (of 30)

Best time in course: 9:57

Rank in category: 1(of 1)

Best time in the category: 22:38