



3. Erfurter Flughafenlauf Erfurt / 27.08.2016

Detailed evaluation

Rätsch, Sebastian

Club: Erfurt
Number: 367

Course: 5.00 km
5km Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 31:14

Speed: 9.61 km/h
Running performance: 6:15 min/km

Rank in course/Total: 45 (of 61)

Rank in course/Men: 36 (of 42)

Best time in course: 15:13

Rank in category: 16(of 17)

Best time in the category: 15:26

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	15:01	6:00	13	7:24	29	7:24	2.50	15:01	6:00	13	7:24	29	7:24
Finish	2.50	16:13	6:29	15	16:07	30	16:07	5.00	31:14	6:14	16	15:48	36	16:01