



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Sprogies, Hannes

Club: Kornwestheim
Number: 379

Course: 5.00 km
5km Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 19:21

Speed: 15.50 km/h
Running performance: 3:52 min/km

Rank in course/Total: 11 (of 61)

Rank in course/Men: 10 (of 42)

Best time in course: 15:13

Rank in category: 4(of 17)

Best time in the category: 15:26

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	19:15	7:42	15	11:38	34	11:38	2.50	19:15	7:42	15	11:38	34	11:38
Finish	2.50	0:06	0:02	1	-	1	-	5.00	19:21	3:52	4	3:55	10	4:08