



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Deckert, Lisa

Club: LG Erfurt

Number: 312

Course: 5.00 km

5km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 21:19

Speed: 14.07 km/h

Running performance: 4:16 min/km

Rank in course/Total: 18 (of 61)

Rank in course/Women: 2 (of 19)

Best time in course: 18:02

Rank in category: 2 (of 6)

Best time in the category: 18:02

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde	2.50	10:43	4:17	2	1:50	2	1:50	2.50	10:43	4:17	2	1:50	2	1:50
Finish	2.50	10:36	4:14	2	1:27	2	1:27	5.00	21:19	4:15	2	3:17	2	3:17