



3. Erfurter Flughafenlauf
Erfurt / 27.08.2016

Detailed evaluation

Aniol, Jessica

Club: Bad Berka
Number: 303

Course: 5.00 km
5km Lauf

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 33:24

Speed: 8.98 km/h
Running performance: 6:41 min/km

Rank in course/Total: 51 (of 61)
Rank in course/Women: 11 (of 19)
Best time in course: 18:02

Rank in category: 6(of 10)
Best time in the category: 23:11

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Runde | 2.50 | 16:13 | 6:29 | 7 | 4:39 | 13 | 7:20 | 2.50 | 16:13 | 6:29 | 7 | 4:39 | 13 | 7:20 |
| Finish | 2.50 | 17:11 | 6:52 | 6 | 5:34 | 11 | 8:02 | 5.00 | 33:24 | 6:40 | 6 | 10:13 | 11 | 15:22 |