



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Deckert, Thomas

Club: LG Erfurt

Number: 313

Course: 5.00 km

5km Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 18:33

Speed: 16.17 km/h

Running performance: 3:43 min/km

Rank in course/Total: 8 (of 61)

Rank in course/Men: 7 (of 42)

Best time in course: 15:13

Rank in category: 2(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	9:25	3:46	2	1:48	5	1:48	2.50	9:25	3:46	2	1:48	5	1:48
Finish	2.50	9:08	3:39	4	9:02	7	9:02	5.00	18:33	3:42	2	3:07	7	3:20