



3. Erfurter Flughafenlauf
Erfurt / 27.08.2016

Detailed evaluation

Demut, Katja

Club: ELAC Top Team

Number: 171

Course: 3.00 km

3km Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 17:09

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 42 (of 55)

Rank in course/Women: 15 (of 25)

Best time in course: 12:13

Rank in category: 1(of 4)

Best time in the category: 17:09