



3. Erfurter Flughafenlauf Erfurt / 27.08.2016

Detailed evaluation

Donder, Tina

Club: ELAC
Number: 316

Course: 5.00 km
5km Lauf

Category:
Frauen (20-29 Jahre)

Total time: 18:02

Speed: 16.64 km/h
Running performance: 3:37 min/km

Rank in course/Total: 7 (of 61)
Rank in course/Women: 1 (of 19)
Best time in course: 18:02

Rank in category: 1 (of 6)
Best time in the category: 18:02

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	8:53	3:33	1	-	1	-	2.50	8:53	3:33	1	-	1	-
Finish	2.50	9:09	3:39	1	-	1	-	5.00	18:02	3:36	1	-	1	-