



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Eckert, Rene

Club: Erfurt
Number: 319

Course: 5.00 km
5km Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 29:03

Speed: 10.33 km/h
Running performance: 5:49 min/km

Rank in course/Total: 38 (of 61)

Rank in course/Men: 30 (of 42)

Best time in course: 15:13

Rank in category: 14(of 17)

Best time in the category: 15:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.50	14:54	5:57	12	7:17	27	7:17	2.50	14:54	5:57	12	7:17	27	7:17
Finish	2.50	14:09	5:39	12	14:03	22	14:03	5.00	29:03	5:48	14	13:37	30	13:50