



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Arnold, Thomas

Club: Friemar

Number: 304

Course: 5.00 km

5km Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 26:32

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 29 (of 61)

Rank in course/Men: 25 (of 42)

Best time in course: 15:13

Rank in category: 1(of 2)

Best time in the category: 26:32

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	12:32	5:00	1	-	18	4:55	2.50	12:32	5:00	1	-	18	4:55
Finish	2.50	14:00	5:35	1	-	21	13:54	5.00	26:32	5:18	1	-	25	11:19