



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Gabriel, Andreas

Club: Hallbergmoos

Number: 320

Course: 5.00 km

5km Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:10

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 24 (of 61)

Rank in course/Men: 22 (of 42)

Best time in course: 15:13

Rank in category: 9(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	11:12	4:28	5	3:35	13	3:35	2.50	11:12	4:28	5	3:35	13	3:35
Finish	2.50	11:58	4:47	8	11:52	17	11:52	5.00	23:10	4:38	9	7:44	22	7:57