



3. Erfurter Flughafenlauf Erfurt / 27.08.2016

Detailed evaluation

Gräf, Marco

Club: Q-SOFT GmbH
Number: 322

Course: 5.00 km
5km Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 31:02

Speed: 9.67 km/h
Running performance: 6:13 min/km

Rank in course/Total: 44 (of 61)

Rank in course/Men: 35 (of 42)

Best time in course: 15:13

Rank in category: 3(of 4)

Best time in the category: 21:31

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	14:00	5:35	4	3:40	22	6:23	2.50	14:00	5:35	4	3:40	22	6:23
Finish	2.50	17:02	6:48	3	5:51	33	16:56	5.00	31:02	6:12	3	9:31	35	15:49