



### 3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

#### Detailed evaluation

**Grimm, Stephan**

Club: Germania Fluggesllschaft

Number: 323

Course: 5.00 km

5km Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 26:58

Speed: 11.12 km/h

Running performance: 5:23 min/km

Rank in course/Total: 31 (of 61)

Rank in course/Men: 27 (of 42)

Best time in course: 15:13

Rank in category: 12(of 17)

Best time in the category: 15:26

#### Intermediate times

#### Stage score

#### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde   | 2.50        | 12:23         | 4:57            | 8           | 4:46           | 17          | 4:46          | 2.50          | 12:23         | 4:57            | 8           | 4:46           | 17         | 4:46          |
| Finish  | 2.50        | 14:35         | 5:50            | 14          | 14:29          | 26          | 14:29         | 5.00          | 26:58         | 5:23            | 12          | 11:32          | 27         | 11:45         |