



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Haase, Andreas

Club: Q-SOFT GmbH

Number: 326

Course: 5.00 km

5km Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:23

Speed: 14.03 km/h

Running performance: 4:17 min/km

Rank in course/Total: 20 (of 61)

Rank in course/Men: 18 (of 42)

Best time in course: 15:13

Rank in category: 7(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	10:26	4:10	4	2:49	11	2:49	2.50	10:26	4:10	4	2:49	11	2:49
Finish	2.50	10:57	4:22	6	10:51	12	10:51	5.00	21:23	4:16	7	5:57	18	6:10