



### 3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

#### Detailed evaluation

Herbst, René

Club: Leipzig

Number: 329

Course: 5.00 km

5km Lauf

Category:

Männer (20-29 Jahre)

Total time: 21:20

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 19 (of 61)

Rank in course/Men: 17 (of 42)

Best time in course: 15:13

Rank in category: 4(of 9)

Best time in the category: 15:13

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.50	10:35	4:14	2	2:10	12	2:58	2.50	10:35	4:14	2	2:10	12	2:58
Finish	2.50	10:45	4:17	2	2:13	11	10:39	5.00	21:20	4:15	4	6:07	17	6:07