



3. Erfurter Flughafenlauf
Erfurt / 27.08.2016

Detailed evaluation

Herrmann, Sabrina

Club: Erfurt
Number: 330

Course: 5.00 km
5km Lauf

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 29:03

Speed: 10.33 km/h
Running performance: 5:49 min/km

Rank in course/Total: 37 (of 61)
Rank in course/Women: 7 (of 19)
Best time in course: 18:02

Rank in category: 3(of 10)
Best time in the category: 23:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.50	14:54	5:57	3	3:20	7	6:01	2.50	14:54	5:57	3	3:20	7	6:01
Finish	2.50	14:09	5:39	2	2:32	5	5:00	5.00	29:03	5:48	3	5:52	7	11:01