



### 3. Erfurter Flughafenlauf Erfurt / 27.08.2016

#### Detailed evaluation

Holzheu, Karla

Club: Erfurt  
Number: 332

Course: 5.00 km  
5km Lauf

Category:  
Seniorinnen W30 (30-39 Jahre)

Total time: 30:57

Speed: 9.69 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 43 (of 61)

Rank in course/Women: 9 (of 19)

Best time in course: 18:02

Rank in category: 4(of 10)

Best time in the category: 23:11

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.50	15:29	6:11	5	3:55	11	6:36	2.50	15:29	6:11	5	3:55	11	6:36
Finish	2.50	15:28	6:11	3	3:51	8	6:19	5.00	30:57	6:11	4	7:46	9	12:55