



3. Erfurter Flughafenlauf  
Erfurt / 27.08.2016

Detailed evaluation

jordanland, Doro

Club: HäufigLäufig  
Number: 339

Course: 5.00 km  
5km Lauf

Category:  
Seniorinnen W30 (30-39 Jahre)

Total time: 23:11

Speed: 12.94 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 25 (of 61)

Rank in course/Women: 3 (of 19)

Best time in course: 18:02

Rank in category: 1(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	11:34	4:37	1	-	4	2:41	2.50	11:34	4:37	1	-	4	2:41
Finish	2.50	11:37	4:38	1	-	3	2:28	5.00	23:11	4:38	1	-	3	5:09