



3. Erfurter Flughafenlauf
Erfurt / 27.08.2016

Detailed evaluation

Kallenberg, Nadine

Club: Erfurt
Number: 342

Course: 5.00 km
5km Lauf

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 29:23

Speed: 10.21 km/h
Running performance: 5:53 min/km

Rank in course/Total: 40 (of 61)
Rank in course/Women: 8 (of 19)
Best time in course: 18:02

Rank in category: 1(of 1)
Best time in the category: 29:23

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	14:56	5:58	1	-	8	6:03	2.50	14:56	5:58	1	-	8	6:03
Finish	2.50	14:27	5:46	1	-	7	5:18	5.00	29:23	5:52	1	-	8	11:21