



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Kanold, Michael

Club: Erfurt
Number: 343

Course: 5.00 km
5km Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 19:11

Speed: 15.64 km/h
Running performance: 3:50 min/km

Rank in course/Total: 9 (of 61)

Rank in course/Men: 8 (of 42)

Best time in course: 15:13

Rank in category: 3(of 17)

Best time in the category: 15:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.50	fehlt!	-	-	-	-	-	2.50	-	-	-	-	-	-
Finish	2.50	19:11	7:40	17	19:05	37	19:05	5.00	19:11	3:50	3	3:45	8	3:58