



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Kärst, Benjamin

Club: Erfurt
Number: 345

Course: 5.00 km
5km Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 32:16

Speed: 9.30 km/h
Running performance: 6:27 min/km

Rank in course/Total: 48 (of 61)

Rank in course/Men: 38 (of 42)

Best time in course: 15:13

Rank in category: 17(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	15:28	6:11	14	7:51	31	7:51	2.50	15:28	6:11	14	7:51	31	7:51
Finish	2.50	16:48	6:43	16	16:42	31	16:42	5.00	32:16	6:27	17	16:50	38	17:03