



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 |