



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Kärst, Constantin

Club: Erfurt
Number: 346

Course: 5.00 km
5km Lauf

Category:
Männer (20-29 Jahre)

Total time: 29:04

Speed: 10.32 km/h
Running performance: 5:49 min/km

Rank in course/Total: 39 (of 61)

Rank in course/Men: 32 (of 42)

Best time in course: 15:13

Rank in category: 6(of 9)

Best time in the category: 15:13

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Runde	2.50	14:54	5:57	5	6:29	27	7:17	2.50	14:54	5:57	5	6:29	27	7:17
Finish	2.50	14:10	5:39	4	5:38	23	14:04	5.00	29:04	5:48	6	13:51	32	13:51