



### 3. Erfurter Flughafenlauf Erfurt / 27.08.2016

#### Detailed evaluation

**Krieghoff, Marcel**

Club: Erfurt  
Number: 355

Course: 5.00 km  
5km Lauf

Category:  
Senioren M30 (30-39 Jahre)

Total time: 15:26

Speed: 19.44 km/h  
Running performance: 3:05 min/km

Rank in course/Total: 2 (of 61)

Rank in course/Men: 2 (of 42)

Best time in course: 15:13

Rank in category: 1(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	7:37	3:02	1	-	1	-	2.50	7:37	3:02	1	-	1	-
Finish	2.50	7:49	3:07	3	7:43	3	7:43	5.00	15:26	3:05	1	-	2	0:13