



Detailed evaluation

Esra Frank

Club: Leichtathletikgemeinschaft Erfurt
Number: 119

Course: 8.00 km
8 km Lauf

Category:
männliche Jugend U18 (16-17) 8

Total time: 33:32

Speed: 14.31 km/h
Running performance: 4:11 min/km

Rank in course/Total: 6 (of 67)

Rank in course/Men: 6 (of 39)

Best time in course: 26:26

Rank in category: 1(of 3)

Best time in the category: 33:32

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	3:53	-	1	-	5	0:38	-	3:53	-	1	-	5	0:38
Zwischenzeit I	-	17:08	-	1	-	7	3:59	-	21:01	-	1	-	6	4:37
Finish	-	12:31	-	1	-	6	2:29	8.00	33:32	-	1	-	6	7:06