



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

Ruprecht, Dirk

Club: Hetschburg
Number: 156

Course: 10.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 39:36

Speed: 15.15 km/h
Running performance: 3:58 min/km

Rank in course/Total: 5 (of 51)

Rank in course/Men: 5 (of 37)

Best time in course: 34:16

Rank in category: 1(of 3)

Best time in the category: 39:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
Runde 4	2.00	5:59	2:59	1	-	5	0:19	2.00	5:59	2:59	1	-	5	0:19
Runde 4	2.00	7:57	3:58	1	-	5	0:54	4.00	13:56	3:29	1	-	5	1:13
Runde 4	2.00	8:13	4:06	1	-	5	1:01	6.00	22:09	3:41	1	-	5	2:14
Runde 4	2.00	8:35	4:17	1	-	5	1:19	8.00	30:44	3:50	1	-	5	3:33
Finish	2.00	8:52	4:26	1	-	6	1:47	10.00	39:36	3:57	1	-	6	12:05