



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

Freitag, Roman

Club: Kath. Laufjugend ARW
Number: 164

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:11

Speed: 14.57 km/h
Running performance: 4:07 min/km

Rank in course/Total: 6 (of 51)

Rank in course/Men: 6 (of 37)

Best time in course: 34:16

Rank in category: 1(of 7)

Best time in the category: 41:11

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 4	2.00	6:40	3:20	2	0:02	7	1:00	2.00	6:40	3:20	2	0:02	7	1:00
Runde 4	2.00	8:27	4:13	1	-	6	1:24	4.00	15:07	3:46	1	-	6	2:24
Runde 4	2.00	8:36	4:17	1	-	6	1:24	6.00	23:43	3:57	1	-	6	3:48
Runde 4	2.00	8:51	4:25	1	-	6	1:35	8.00	32:34	4:04	1	-	6	5:23
Finish	2.00	8:37	4:18	1	-	5	1:32	10.00	41:11	4:07	1	-	7	13:40