



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

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Club: Erfurt
Number: 36

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 42:32

Speed: 14.11 km/h
Running performance: 4:15 min/km

Rank in course/Total: 7 (of 51)

Rank in course/Men: 7 (of 37)

Best time in course: 34:16

Rank in category: 2(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	6:38	3:19	1	-	6	0:58	2.00	6:38	3:19	1	-	6	0:58
Runde 4	2.00	8:42	4:20	2	0:15	7	1:39	4.00	15:20	3:50	2	0:13	7	2:37
Runde 4	2.00	9:08	4:33	2	0:32	8	1:56	6.00	24:28	4:04	2	0:45	7	4:33
Runde 4	2.00	9:10	4:34	2	0:19	8	1:54	8.00	33:38	4:12	2	1:04	7	6:27
Finish	2.00	8:54	4:27	2	0:17	7	1:49	10.00	42:32	4:15	2	1:21	8	15:01