



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

Flohr, Michael

Club: Universität Erfurt
Number: 110

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 50:48

Speed: 11.81 km/h
Running performance: 5:05 min/km

Rank in course/Total: 26 (of 51)

Rank in course/Men: 21 (of 37)

Best time in course: 34:16

Rank in category: 3(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 | | Total | | Total | | 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 | 6:48 | 3:23 | 3 | 0:10 | 8 | 1:08 | 2.00 | 6:48 | 3:23 | 3 | 0:10 | 8 | 1:08 | |
| Runde 4 | 2.00 | 8:55 | 4:27 | 3 | 0:28 | 9 | 1:52 | 4.00 | 15:43 | 3:55 | 3 | 0:36 | 9 | 3:00 | |
| Runde 4 | 2.00 | 9:54 | 4:57 | 3 | 1:18 | 14 | 2:42 | 6.00 | 25:37 | 4:16 | 3 | 1:54 | 11 | 5:42 | |
| Runde 4 | 2.00 | 12:52 | 6:26 | 5 | 4:01 | 34 | 5:36 | 8.00 | 38:29 | 4:48 | 3 | 5:55 | 15 | 11:18 | |
| Finish | 2.00 | 12:19 | 6:09 | 5 | 3:42 | 32 | 5:14 | 10.00 | 50:48 | 5:04 | 3 | 9:37 | 22 | 23:17 | |