



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

Pawlik, Gerd

Club: Pawliks Lauffamily
Number: 126

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 53:01

Speed: 11.32 km/h
Running performance: 5:18 min/km

Rank in course/Total: 35 (of 51)

Rank in course/Men: 30 (of 37)

Best time in course: 34:16

Rank in category: 3(of 3)

Best time in the category: 42:42

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
Runde 4	2.00	8:02	4:00	3	1:08	29	2:22	2.00	8:02	4:00	3	1:08	29	2:22
Runde 4	2.00	10:30	5:15	3	1:47	31	3:27	4.00	18:32	4:38	3	2:55	29	5:49
Runde 4	2.00	11:01	5:30	3	2:02	27	3:49	6.00	29:33	4:55	3	4:57	29	9:38
Runde 4	2.00	11:54	5:57	3	2:50	29	4:38	8.00	41:27	5:10	3	7:47	31	14:16
Finish	2.00	11:34	5:46	3	2:32	29	4:29	10.00	53:01	5:18	3	10:19	31	25:30