



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

Held, Thoralf

Club: SSV Erfurt 02

Number: 161

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:53

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 27 (of 51)

Rank in course/Men: 22 (of 37)

Best time in course: 34:16

Rank in category: 1(of 2)

Best time in the category: 50:53

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	7:58	3:59	2	0:17	27	2:18	2.00	7:58	3:59	2	0:17	27	2:18	
Runde 4	2.00	9:51	4:55	2	0:05	22	2:48	4.00	17:49	4:27	2	0:22	25	5:06	
Runde 4	2.00	10:27	5:13	1	-	18	3:15	6.00	28:16	4:42	1	-	25	8:21	
Runde 4	2.00	11:08	5:33	1	-	21	3:52	8.00	39:24	4:55	1	-	22	12:13	
Finish	2.00	11:29	5:44	2	1:25	27	4:24	10.00	50:53	5:05	2	23:22	23	23:22	