



2. Erfurter Campuslauf
Erfurt / 23.06.2016

Detailed evaluation

Böker, Philipp

Club: Erfurt
Number: 166

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:45

Speed: 14.37 km/h
Running performance: 4:11 min/km

Rank in course/Total: 5 (of 47)

Rank in course/Men: 5 (of 35)

Best time in course: 33:41

Rank in category: 2(of 5)

Best time in the category: 33:41

Control	Intermediate times			Stage score				Total ranking						
	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
Halbe Runde	1.00	3:49	3:49	2	0:48	6	0:48	1.00	3:49	3:49	2	0:48	6	0:48
Runde	1.00	4:10	4:10	2	0:49	6	0:50	2.00	7:59	3:59	2	1:37	6	1:37
Halbe Runde	1.00	3:57	3:57	2	0:44	6	0:44	3.00	11:56	3:58	2	2:21	6	2:21
Runde	1.00	4:13	4:13	2	0:46	5	0:46	4.00	16:09	4:02	2	3:07	6	3:07
Halbe Runde	1.00	4:06	4:05	2	0:48	6	0:48	5.00	20:15	4:02	2	3:55	6	3:55
Runde	1.00	4:21	4:20	2	0:52	6	0:52	6.00	24:36	4:06	2	4:47	6	4:47
Halbe Runde	1.00	4:12	4:12	2	0:48	6	0:48	7.00	28:48	4:06	2	5:35	5	5:35
Runde	1.00	4:25	4:25	2	0:52	6	0:52	8.00	33:13	4:09	2	6:27	5	6:27
Halbe Runde	1.00	4:11	4:11	2	0:47	6	0:48	9.00	37:24	4:09	2	7:14	5	7:14
Finish	1.00	4:21	4:20	2	0:50	7	0:54	10.00	41:45	4:10	2	8:04	5	8:04