



2. Erfurter Campuslauf Erfurt / 23.06.2016

Detailed evaluation

Ritter, Siegfried

Club: Usv Erfurt
Number: 34

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:25

Speed: 13.82 km/h
Running performance: 4:20 min/km

Rank in course/Total: 8 (of 47)

Rank in course/Men: 7 (of 35)

Best time in course: 33:41

Rank in category: 1(of 2)

Best time in the category: 43:25

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	4:01	4:00	1	-	8	1:00	1.00	4:01	4:00	1	-	8	1:00
Runde	1.00	4:21	4:20	1	-	7	1:01	2.00	8:22	4:11	1	-	8	2:00
Halbe Runde	1.00	4:08	4:08	1	-	8	0:55	3.00	12:30	4:10	1	-	8	2:55
Runde	1.00	4:26	4:26	1	-	8	0:59	4.00	16:56	4:14	1	-	8	3:54
Halbe Runde	1.00	4:17	4:16	1	-	8	0:59	5.00	21:13	4:14	1	-	8	4:53
Runde	1.00	4:33	4:32	1	-	8	1:04	6.00	25:46	4:17	1	-	8	5:57
Halbe Runde	1.00	4:23	4:23	1	-	7	0:59	7.00	30:09	4:18	1	-	7	6:56
Runde	1.00	4:33	4:32	1	-	8	1:00	8.00	34:42	4:20	1	-	7	7:56
Halbe Runde	1.00	4:19	4:18	1	-	7	0:56	9.00	39:01	4:20	1	-	7	8:51
Finish	1.00	4:24	4:24	1	-	8	0:57	10.00	43:25	4:20	1	-	7	9:44