



2. Erfurter Campuslauf
Erfurt / 23.06.2016

Detailed evaluation

Schmidt, Jörs

Club: Rennsteiglaufverein
Number: 169

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 46:48

Speed: 12.82 km/h
Running performance: 4:41 min/km

Rank in course/Total: 12 (of 47)

Rank in course/Men: 10 (of 35)

Best time in course: 33:41

Rank in category: 2(of 2)

Best time in the category: 43:25

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
Halbe Runde	1.00	4:06	4:05	2	0:05	10	1:05	1.00	4:06	4:05	2	0:05	10	1:05
Runde	1.00	4:31	4:30	2	0:10	9	1:11	2.00	8:37	4:18	2	0:15	10	2:15
Halbe Runde	1.00	4:29	4:29	2	0:21	10	1:16	3.00	13:06	4:21	2	0:36	10	3:31
Runde	1.00	4:51	4:50	2	0:25	10	1:24	4.00	17:57	4:29	2	1:01	9	4:55
Halbe Runde	1.00	4:32	4:31	2	0:15	10	1:14	5.00	22:29	4:29	2	1:16	9	6:09
Runde	1.00	4:54	4:54	2	0:21	10	1:25	6.00	27:23	4:33	2	1:37	9	7:34
Halbe Runde	1.00	4:49	4:48	2	0:26	10	1:25	7.00	32:12	4:36	2	2:03	10	8:59
Runde	1.00	4:57	4:57	2	0:24	11	1:24	8.00	37:09	4:38	2	2:27	10	10:23
Halbe Runde	1.00	4:43	4:43	2	0:24	12	1:20	9.00	41:52	4:39	2	2:51	10	11:42
Finish	1.00	4:56	4:56	2	0:32	14	1:29	10.00	46:48	4:40	2	3:23	10	13:07