



2. Erfurter Campuslauf Erfurt / 23.06.2016

Detailed evaluation

Flohr, Michael

Club: Universität Erfurt
Number: 112

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 50:36

Speed: 11.86 km/h
Running performance: 5:04 min/km

Rank in course/Total: 21 (of 47)

Rank in course/Men: 19 (of 35)

Best time in course: 33:41

Rank in category: 4(of 5)

Best time in the category: 33:41

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	5:12	5:12	5	2:11	28	2:11	1.00	5:12	5:12	5	2:11	28	2:11
Runde	1.00	5:31	5:30	5	2:10	29	2:11	2.00	10:43	5:21	5	4:21	29	4:21
Halbe Runde	1.00	5:22	5:21	5	2:09	28	2:09	3.00	16:05	5:21	5	6:30	30	6:30
Runde	1.00	5:42	5:42	5	2:15	27	2:15	4.00	21:47	5:26	5	8:45	30	8:45
Halbe Runde	1.00	5:03	5:02	4	1:45	20	1:45	5.00	26:50	5:21	5	10:30	26	10:30
Runde	1.00	5:06	5:05	3	1:37	13	1:37	6.00	31:56	5:19	5	12:07	26	12:07
Halbe Runde	1.00	4:49	4:48	3	1:25	10	1:25	7.00	36:45	5:15	5	13:32	25	13:32
Runde	1.00	4:55	4:55	3	1:22	10	1:22	8.00	41:40	5:12	4	14:54	21	14:54
Halbe Runde	1.00	4:30	4:30	3	1:06	8	1:07	9.00	46:10	5:07	4	16:00	19	16:00
Finish	1.00	4:26	4:26	3	0:55	9	0:59	10.00	50:36	5:03	4	16:55	19	16:55