



## 2. Erfurter Campuslauf

Erfurt / 23.06.2016

### Detailed evaluation

#### Regel, Friedemann

Club: FSU Jena  
Number: 155

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 51:39

Speed: 11.62 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 23 (of 47)

Rank in course/Men: 20 (of 35)

Best time in course: 33:41

Rank in category: 10(of 21)

Best time in the category: 33:46

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	4:36	4:35	12	1:34	20	1:35	1.00	4:36	4:35	12	1:34	20	1:35
Runde	1.00	5:06	5:05	15	1:46	24	1:46	2.00	9:42	4:50	12	3:20	21	3:20
Halbe Runde	1.00	5:02	5:01	14	1:49	24	1:49	3.00	14:44	4:54	11	5:09	20	5:09
Runde	1.00	5:18	5:17	12	1:50	21	1:51	4.00	20:02	5:00	12	6:59	21	7:00
Halbe Runde	1.00	5:06	5:05	12	1:46	22	1:48	5.00	25:08	5:01	12	8:41	21	8:48
Runde	1.00	5:29	5:29	10	1:58	20	2:00	6.00	30:37	5:06	12	10:39	21	10:48
Halbe Runde	1.00	5:14	5:14	11	1:50	21	1:50	7.00	35:51	5:07	11	12:29	20	12:38
Runde	1.00	5:31	5:30	11	1:57	21	1:58	8.00	41:22	5:10	10	14:26	19	14:36
Halbe Runde	1.00	5:05	5:04	10	1:42	18	1:42	9.00	46:27	5:09	10	16:08	20	16:17
Finish	1.00	5:12	5:12	11	1:45	19	1:45	10.00	51:39	5:09	10	17:53	20	17:58