



2. Erfurter Campuslauf Erfurt / 23.06.2016

Detailed evaluation

Spitzenberg, Tom

Club: Erfurt
Number: 157

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 50:24

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 20 (of 47)

Rank in course/Men: 18 (of 35)

Best time in course: 33:41

Rank in category: 9(of 21)

Best time in the category: 33:46

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	4:29	4:29	6	1:27	14	1:28	1.00	4:29	4:29	6	1:27	14	1:28		
Runde	1.00	4:49	4:48	5	1:29	13	1:29	2.00	9:18	4:39	6	2:56	14	2:56		
Halbe Runde	1.00	4:38	4:38	5	1:25	13	1:25	3.00	13:56	4:38	5	4:21	13	4:21		
Runde	1.00	5:10	5:10	9	1:42	18	1:43	4.00	19:06	4:46	6	6:03	14	6:04		
Halbe Runde	1.00	5:08	5:08	13	1:48	23	1:50	5.00	24:14	4:50	7	7:47	15	7:54		
Runde	1.00	5:31	5:30	11	2:00	21	2:02	6.00	29:45	4:57	6	9:47	15	9:56		
Halbe Runde	1.00	5:11	5:11	10	1:47	20	1:47	7.00	34:56	4:59	9	11:34	18	11:43		
Runde	1.00	5:23	5:23	10	1:49	18	1:50	8.00	40:19	5:02	9	13:23	18	13:33		
Halbe Runde	1.00	5:00	5:00	9	1:37	16	1:37	9.00	45:19	5:02	9	15:00	18	15:09		
Finish	1.00	5:05	5:04	9	1:38	17	1:38	10.00	50:24	5:02	9	16:38	18	16:43		