



3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

Detailed evaluation

Abraham, Daniel

Club: LG Ohra Energie Tambach-Dietharz
Number: 173

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 36:13

Speed: 16.57 km/h
Running performance: 3:37 min/km

Rank in course/Total: 5 (of 77)

Rank in course/Men: 5 (of 49)

Best time in course: 33:11

Rank in category: 1(of 3)

Best time in the category: 36:13

Intermediate times

Stage score

Total ranking

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	
Runde	2.00	7:15	3:37	1	-	10	6:24	2.00	7:15	3:37	1	-	10	6:24	
Runde	2.00	7:17	3:38	1	-	5	0:32	4.00	14:32	3:38	1	-	8	3:39	
Runde	2.00	7:14	3:37	1	-	5	0:34	6.00	21:46	3:37	1	-	5	1:52	
Runde	2.00	7:17	3:38	1	-	5	0:36	8.00	29:03	3:37	1	-	5	2:28	
Finish	2.00	7:10	3:35	1	-	5	0:34	10.00	36:13	3:37	1	-	5	3:02	