



3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

Detailed evaluation

Lafon, Guillaume

Club: LTV Erfurt

Number: 188

Course: 10.00 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 39:40

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 12 (of 77)

Rank in course/Men: 12 (of 49)

Best time in course: 33:11

Rank in category: 9(of 31)

Best time in the category: 33:46

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	7:19	3:39	9	6:28	12	6:28	2.00	7:19	3:39	9	6:28	12	6:28
Runde	2.00	7:34	3:46	7	0:48	10	0:49	4.00	14:53	3:43	9	4:00	12	4:00
Runde	2.00	7:59	3:59	8	1:12	11	1:19	6.00	22:52	3:48	9	2:50	12	2:58
Runde	2.00	8:34	4:16	12	1:40	18	1:53	8.00	31:26	3:55	9	4:30	12	4:51
Finish	2.00	8:14	4:06	12	1:24	17	1:38	10.00	39:40	3:57	9	5:54	12	6:29