



3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

Detailed evaluation

Böker, Phillipp

Club: Erfurt
Number: 186

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 40:25

Speed: 14.85 km/h
Running performance: 4:02 min/km

Rank in course/Total: 15 (of 77)

Rank in course/Men: 15 (of 49)

Best time in course: 33:11

Rank in category: 2(of 5)

Best time in the category: 33:11

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 7:47 | 3:53 | 2 | 1:18 | 18 | 6:56 | 2.00 | 7:47 | 3:53 | 2 | 1:18 | 18 | 6:56 |
| Runde | 2.00 | 8:03 | 4:01 | 2 | 1:18 | 15 | 1:18 | 4.00 | 15:50 | 3:57 | 2 | 2:36 | 17 | 4:57 |
| Runde | 2.00 | 8:13 | 4:06 | 2 | 1:33 | 16 | 1:33 | 6.00 | 24:03 | 4:00 | 2 | 4:09 | 16 | 4:09 |
| Runde | 2.00 | 8:16 | 4:08 | 2 | 1:35 | 13 | 1:35 | 8.00 | 32:19 | 4:02 | 2 | 5:44 | 15 | 5:44 |
| Finish | 2.00 | 8:06 | 4:02 | 2 | 1:30 | 15 | 1:30 | 10.00 | 40:25 | 4:02 | 2 | 7:14 | 15 | 7:14 |