



3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

Detailed evaluation

Beltz, Michael

Club: # högedarunner

Number: 174

Course: 10.00 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 45:18

Speed: 13.25 km/h

Running performance: 4:32 min/km

Rank in course/Total: 34 (of 77)

Rank in course/Men: 29 (of 49)

Best time in course: 33:11

Rank in category: 19(of 31)

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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Runde	2.00	9:23	4:41	30	8:32	42	8:32	2.00	9:23	4:41	30	8:32	42	8:32
Runde	2.00	8:58	4:29	18	2:12	27	2:13	4.00	18:21	4:35	28	7:28	39	7:28
Runde	2.00	9:05	4:32	16	2:18	25	2:25	6.00	27:26	4:34	26	7:24	36	7:32
Runde	2.00	9:04	4:31	15	2:10	23	2:23	8.00	36:30	4:33	21	9:34	31	9:55
Finish	2.00	8:48	4:24	16	1:58	25	2:12	10.00	45:18	4:31	19	11:32	29	12:07