



3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

Detailed evaluation

Schwuchow, Manuel

Club: Urbanfit Erfurt

Number: 166

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 47:36

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 43 (of 77)

Rank in course/Men: 34 (of 49)

Best time in course: 33:11

Rank in category: 3(of 4)

Best time in the category: 37:23

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	8:45	4:22	3	1:36	36	7:54	2.00	8:45	4:22	3	1:36	36	7:54
Runde	2.00	9:25	4:42	3	1:52	36	2:40	4.00	18:10	4:32	3	3:28	38	7:17
Runde	2.00	9:52	4:56	3	2:18	35	3:12	6.00	28:02	4:40	3	5:46	38	8:08
Runde	2.00	10:05	5:02	3	2:30	35	3:24	8.00	38:07	4:45	3	8:16	39	11:32
Finish	2.00	9:29	4:44	3	1:57	33	2:53	10.00	47:36	4:45	3	10:13	34	14:25