



# 4. Erfurter Campuslauf

Erfurt / 16.05.2018

## Detailed evaluation

Frithjof, Isenberg

Club: Uni Erfurt

Number: 159

Course: 10.00 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 59:13

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 68 (of 72)

Rank in course/Men: 51 (of 51)

Best time in course: 33:48

Rank in category: 30(of 30)

Best time in the category: 33:48

### Intermediate times

### Stage score

### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde   | 2.00        | 12:01         | 6:00            | 30          | 5:20           | 51          | 9:45          | 2.00          | 12:01         | 6:00            | 30          | 5:20           | 51         | 9:45          |
| Runde   | 2.00        | 12:20         | 6:10            | 30          | 5:31           | 51          | 5:31          | 4.00          | 24:21         | 6:05            | 30          | 10:51          | 51         | 11:59         |
| Runde   | 2.00        | 11:32         | 5:46            | 27          | 4:45           | 47          | 4:45          | 6.00          | 35:53         | 5:58            | 30          | 15:36          | 51         | 15:36         |
| Runde   | 2.00        | 11:38         | 5:48            | 30          | 4:53           | 50          | 4:53          | 8.00          | 47:31         | 5:56            | 30          | 20:29          | 51         | 20:29         |
| Finish  | 2.00        | 11:42         | 5:50            | 30          | 4:56           | 49          | 4:56          | 10.00         | 59:13         | 5:55            | 30          | 25:25          | 51         | 25:25         |