



4. Erfurter Campuslauf

Erfurt / 16.05.2018

Detailed evaluation

Held, Thoralf

Club: USV Erfurt

Number: 164

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:53

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 21 (of 72)

Rank in course/Men: 21 (of 51)

Best time in course: 33:48

Rank in category: 1(of 3)

Best time in the category: 42:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	8:20	4:10	1	-	24	6:04	2.00	8:20	4:10	1	-	24	6:04
Runde	2.00	8:31	4:15	1	-	21	1:42	4.00	16:51	4:12	1	-	23	4:29
Runde	2.00	8:44	4:21	1	-	19	1:57	6.00	25:35	4:15	1	-	23	5:18
Runde	2.00	8:45	4:22	1	-	19	2:00	8.00	34:20	4:17	1	-	23	7:18
Finish	2.00	8:33	4:16	1	-	24	1:47	10.00	42:53	4:17	1	-	21	9:05