



## 4. Erfurter Campuslauf

Erfurt / 16.05.2018

### Detailed evaluation

**Rademacher, Frank**

Club: Kenias letzte Reserve

Number: 161

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:31

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course/Total: 26 (of 72)

Rank in course/Men: 26 (of 51)

Best time in course: 33:48

Rank in category: 6(of 10)

Best time in the category: 36:51

### 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	8:34	4:16	7	6:18	27	6:18	2.00	8:34	4:16	7	6:18	27	6:18
Runde	2.00	8:43	4:21	6	1:21	23	1:54	4.00	17:17	4:19	7	4:55	25	4:55
Runde	2.00	8:53	4:26	6	1:26	23	2:06	6.00	26:10	4:21	7	4:13	25	5:53
Runde	2.00	9:07	4:33	6	1:39	30	2:22	8.00	35:17	4:24	7	5:52	27	8:15
Finish	2.00	9:14	4:36	6	1:54	35	2:28	10.00	44:31	4:27	6	7:40	26	10:43